

Future of Valley Discussed at Planning Alliance Meeting

by Betty Parshall

While attendance was low, the content and interest were high on Saturday, April 12 when the Visitation Valley Planning Alliance hosted a presentation by the Visitation Valley Business Opportunity and Outreach to Merchants (VVBOOM).

Local librarian Wen Chin Chen first reported on the planning process for the new library which will be located on the site of the market at Rutland Street and Leland Avenue. Library staff have been giving input on the design as it relates to standard library functions.

But recently, a new element was added to these meetings. Originally, the Branch Library Improvement Program was not required by the City to acquire a Leadership in Energy and Environmental Design (LEED) Silver certification. The Library has now committed to achieve this status in its 10 remaining branch renovation projects for which the schematic designs have not been completed, and this includes the new Visitation Valley branch.

Wen explained that the Silver standard requires 33 to 38 points, and gave a few examples of earning points. No parking at the library site is worth one point. A shower stall in the staff rest room would earn one point; the purpose would be to encourage staff to use bikes to get to work. (Currently this doesn't fit in to the space al-



VVBOOM's Nick Wolff introduced himself at the Planning Alliance meeting.

lowed.) Twenty percent of the site reserved for local habitat earns a point, and a sustainable water system is worth another point.

Having presented the community with his design, the architect now faces the challenge of incorporating as many "point features" as possible into the plan. Although Wen did not have the exact number, the proposed library plan for Visitation Valley is still below 30 points at this writing. There will be another community meeting in the near future where we'll learn more.

Fran Martin provided an update on some Valley items of interest. The two remaining Greenway gardens are very near completion and plans for the future include possible internships for students who are interested in a career in horticulture. The Schlage Lock project is close to final agreements by the parties, so there will soon be community meetings to discuss the mitigation procedures when clearing the site begins. Fran joined

others in the recent trip to Sacramento and emphasized that Senator Yee's bill did not specifically call for the razing of the Cow Palace.

The meeting was then turned over to Nick Wolff, the new project manager for VVBOOM. He spoke about his experience working in Milwaukee for a group whose aims were similar in revitalizing a commercial corridor. Nick had just come on the job that Monday and had been walking the neighborhood to get acquainted. His early impressions of Leland Avenue were refreshing. He sees lots of potential; his observation is that the infrastructure is basically sound, and he admires the topography that provides views of the hills and San Bruno Mountain from time to time. He then opened the meeting for questions and comments on what people like about the Leland corridor, and what they would like to see there. See Page 3



Valley Branch librarian Wen Chin Chen.

Emotional Farewell to Another Visitation Valley Market

by Aaron D. Kudatsky

Residents who were frequent shoppers at the Upper Valley's KC Market have noticed and wondered at its closure. Located on the corner of Wilde and Rutland, this grocery and liquor store served many residents of Visitation Valley in addition to the children of El Dorado Elementary School who would buy themselves a small snack after school.

On April 3, 1999, a gunman entered the store and robbed a large amount of liquor and money. On his way out, the perpetrator turned around and fired three shots, fatally wounding Sugi Kim, previous storeowner who had operated the business with her husband. At the time, a lot of crime and drug dealing had been happening

in the area.

Because of the rash of violence, Kim's husband decided to sell the business to Henry Bui, who operated the store until 2006. During the time of Mr. Bui's ownership, the KC Market had the lowest prices in the area. A candy bar used to cost 65 cents, compared to 85 cents nowadays.

In September of 2006, Mr. Bui sold the store. The new owner, Jalel Baba, improved the storehouse by changing its arrangement, adding more variety of foods and extending its hours of operation from 8 a.m. to 10 p.m. Over a year later, the store was resold to the landlord of the building. This is when the store began to go "down the drain." In January 2008, three men robbed the store at gunpoint. The prices were greatly

increased, which caused a decrease in business.

After being in business for more than 60 years, the KC Market closed its doors in February 2008, leaving people in the area without a source for urgently needed foods.

The closure of the store upset many residents. Here is what some had to say: Store employee and Valley resident, Norman Corea, enjoyed the presence of the market. "The store was a really great place for the neighborhood to come and buy basic food supplies for their home. It is very sad that the place is no longer open." Another anonymous resident wasn't too upset about the closure of the store. "The store was very expensive and often didn't have the basic foods that everyone needed. When the store closed, the crime and violence decreased in this part of the Valley because less people came up to this intersection." Visitors to Visitation Valley like Ariel Gottlieb enjoyed the store's presence. "It was a nice place to have. When I would visit friends in the Valley, we used to come by and buy some soda or ice cream instead of walking over the hill to San Bruno. It was a very friendly place."

KC Market has served Visitation Valley for a long time, and will be missed by its customers. Hopefully something better will replace it at 400 Wilde Avenue.

Nearly \$400,000 in Funding Possible For Visitation Valley Organizations

by Russel Morine

Each year the federal government grants major cities funds to support community based development projects. This year, San Francisco's Mayor's Office of Community Development (MOCD) will oversee nearly \$11 million in funds.

Preliminary recommendations have been made and Visitation Valley organizations may receive nearly \$400,000. The following organizations submitted detailed proposals that are likely to be funded for the 2008-09 cycle:

*Visitation Valley Community Development Corporation (VVCDC), 1099 Sunnydale Ave., 94134, \$98,000 to convert indoor parking area to program space for job training and other youth services.

*Friends of the Urban Forest (FUF), 1007 Gen. Kennedy Dr., 94129, \$48,000 to plant trees in Bayview Hunter's Point and Visitation Valley.

*Visitation Valley Businesses Opportunities and Outreach to Mer-

chants (VVBOOM), 1099 Sunnydale Ave., 94134, \$30,000 for corridor development in Visitation Valley, including business attraction, local business assistance, blight removal and filling of vacant properties.

*Asian Pacific American Community Center, 2442 Bayshore Blvd., 94134, \$57,000 for information and referral, employment, translation, public safety and other services primarily for Asian immigrants.

*John W. King Senior Center, 500 Raymond Ave., 94134, \$90,000 for transportation services for the frail elderly and physically challenged populations.

*Samoan Community Development Center, 2055 Sunnydale Ave., 94134, \$60,000 for case management, information and referral and translation services primarily for Samoan families.

*Tides Center/CLAER Project, 1099 Sunnydale Ave., 94134, \$50,000 for housing case management for families impacted by violence.

Banks Urged to Take Stronger Steps To Help Americans Avoid Foreclosure

WASHINGTON, DC - U.S. Senator Dianne Feinstein (D-Calif.) is urging the chief executives of six major banks to take more robust action to help American homeowners avoid foreclosure.

In a letter to the bank executives, Senator Feinstein noted the broad economic damage caused when Americans lose their homes. Just recently, DataQuick Information Systems reported that in California, repossessions of foreclosed homes in the first quarter of 2008 were up 327 percent over the same period last year (47,171 repossessions this year vs. 11,032 in the first quarter of 2007).

"Foreclosures are in the best interest of no one," Senator Feinstein wrote. "Neighborhoods are decimated when homes are repossessed or left vacant, property values decline, local economies suffer, and crime often increases in blighted areas."

The letter was sent to Kenneth Lewis, Chairman and CEO of Bank of America; Vikram S. Pandit, CEO of Citigroup; Michael Geoghegan, Group Chief Executive of HSBC Holdings; James Dimon, Chairman and CEO of JPMorgan Chase; Kerry K. Killinger, Chairman and CEO of Washington Mutual; and John G. Stumpf, President and CEO of Wells Fargo.

These are the largest banks participating in the HOPE NOW Alliance, a consortium of lenders involved in outreach efforts to homeowners at risk of foreclosure.

In her letter, Senator Feinstein specifically urged the executives to take the following steps:

*Provide a one-time loan modification opportunity to borrowers facing foreclosure on loans serviced by their institutions; and

*Improve early notification procedures for borrowers in danger of losing their homes.

Candlestick Cove Back on the Map



Construction continues on Candlestick Cove just south of Bayview Hill.

by Russel Morine

Like a Phoenix from the ashes, a new neighborhood with an old name has returned to the southern base of Bayview Hill. Candlestick Cove was once called home for the families of wartime industries workers during the late 1940s. Demolished in the mid 1960s, the site remained barren for decades as numerous plans for development faltered.

Late last year Pleasanton-based housing developer Signature Properties quietly began grading the site in preparation for their 500-unit townhome development. Today new streets and sidewalks outline the footprints of future buildings. Astutely, the developers re-christened the Candlestick Cove name (if you are a local you can call it "The Cove").

The Cove will be built out over several years but a sample of what is to come was on display

during a grand opening event on March 29. The half dozen completed and fully furnished model homes made up for the site's overall lack of completeness.

What will this new neighborhood have to offer? Although isolated from the heart of the City, The Cove will still be easily accessible to both Downtown SF and SOMA as well as convenient to the South Bay worker ... with the caveat that the site is highly auto dependent.

Caltrain, which services the SOMA and the Peninsula, is within a modest walk but unfortunately this walk would not be pleasant during the twilight hours due to poorly lit underpasses and side streets. Current Muni service (56 Rutland) is sporadic and in a lack of long term planning, bus service has been slated for elimination well before the site is completed. See Page 3

Awards for Burton Teachers and Student

Academy of Finance teachers at Phillip & Sala Burton High School were awarded on Apr. 23 for their accomplishments as outstanding educators in financial literacy in Sacramento by the Jumpstart Coalition. Academy of Finance students learn economics, monetary policy, securities, insurance, accounting, tax policy, marketing and international finance.

Seven SFUSD high schools have specialized programs to prepare students for careers in finance, information technology, health services, en-

gineering, as well as other fields.

Spirit of Sport Award

Student Tyre Ellison has been selected as a recipient of the Fall 2007 California Interscholastic Federation (CIF) Spirit of Sport Award. Ellison will receive the award, plus a Spirit of Sport medal and a small cash prize on May 2. He has been a member of the football, basketball and track and field teams throughout his years at Burton High, earning numerous awards and honors including Most Valuable Player of the track and football teams.

Grapevine Mailbox

New Role for the Valley
Hello Everyone:

I have moved to my new position at the Mayor's Office of Economic and Workforce Development, as the Assistant Program Manager to the Neighborhood Marketplace Initiative that VVBOOM is a part of (along with seven other neighborhoods in San Francisco).

I wanted to introduce you all to the new VVBOOM Corridor Manager, Nick Wolff. He will be a tremendous asset to the VVBOOM, Vis Valley and the NMI Program. He already has been working hard to organize Small Business Week Events, and will be diligently working on getting the annual Leland Avenue Street Fair together, so I would like to give Nick a very warm welcome to Vis Valley.

Thank you for all your support over the past three years, I look forward to working with you all in my new role.

Sincerely, Crezia Tano
MOEWD Assistant Project Manager.

Mayor's Statement
On Budget Set-Asides

Mayor Gavin Newsom issued this statement on Apr. 15 concerning budget set-asides:

Today, I submitted to the Board of Supervisors a Resolution declaring it to be official City policy that no new set-asides or other mandatory appropriations be added to the City Charter unless the measure also identifies or provides a specific, adequate new source of funds.

The impact of these set-asides has limited the ability of both the Mayor and Board of Supervisors to effectively respond to budget deficits, and has led to reductions in important public services due to the declining portion of the budget available for discretionary spending.

As a result of these budget set-asides, the Mayor and the Board of Supervisors only have discretion over approximately 39 percent of the General Fund portion of the annual budget and 18 percent of the overall City budget.

The proposed legislation would make it the official policy of the City and County of San Francisco that no new set-asides or other mandatory appropriations be added to the City Charter unless the measure also identifies or provides a specific, adequate new source of funds, thus returning greater capacity to the Mayor and the Board of Supervisors to carry out one of their most important functions – allocating the City's limited resources so as best to serve the public interest.

Stimulus Rebate

It's not too late to claim the Stimulus "Rebate."

The tax day deadline has passed, but not the cut-off date to claim your economic stimulus payment. Individuals must file a 2007 tax return by October 15, 2008. That's it.

Starting in May, economic stimulus payments of up to \$600 for individuals (\$1,200 for married couples) plus \$300 for each eligible child will be issued by the IRS based on 2007 tax returns processed by April 15.

Millions of people are eligible but may not know it, or think it is too late to get a payment. These are certain retirees, disabled vets and low-wage workers who normally don't file a tax return, and may not have

filed in several years. This year, they must file to receive the payments.

Anyone can help family, friends, or their community by spreading the word. People who have at least \$3,000 from wages or certain benefits from Social Security, Railroad Retirement and Veterans Affairs may be eligible.

They need to file a return by October 15. We'll do the rest. Please visit www.irs.gov for details. Thanks for helping spread the word.

Jesse Weller, IRS Spokesperson

Results of Community
Leadership Awards

To My Visitation Valley and San Francisco Family:

The final results of the Safety Network Community Leaders Awards are in. First and foremost, I would like to thank all of those who participated in the nomination process, sending names of individuals who live and work in Visitation Valley who exemplify leadership quality in our quest of building safe communities in San Francisco.

In Visitation Valley, as in all of our communities in the City, there are people who stand out – who give of their time to better the lives of others – and that's why the follow individuals leaders were nominated:

*Athena Harven, Together United Recommended Forever (TURF): A diamond in the rough; our rose in concrete; a warrior who has become a mainstay in the Sunnysdale Public Housing Development with her caring and nurturing of our young men and women ... in itself a blessing. We love you, Thena, and may God continue to bless you!

*Bill Threadgill: a Visitation Valley icon. His Leadership throughout Visitation Valley in the realms of public safety, violence prevention and education, along with community development and restoration is, without question, noteworthy and honorable. You are "The Man," Bill and we all love you!

*Christopher (Chris) Rivera, Visitation Valley Community Beacon Center: A young man who has given his life's work to better the outlook of young kids in helping them to the realization that you can achieve greatness; that you can break the stereotypes of despair and succeed! Keep keeping it real, Chris! The Valley needs you!

*Rev. Kinwood DeVore, Metropolitan Fresh Start House: "The Haak." A teacher, a preacher, a man of God! Kinwood's leadership in bringing us the Metropolitan Fresh Start House, a place where men who have been knocked down to their collective knees can rise up through the perils of incarceration, affliction, or substance abuse and be given "a fresh start in life!" Many are called, but few are chosen. Kinwood, I am glad God chose you!

*Marjorie Ann Williams: The one and only! You Are Our Everything! Visitation Valley is your community and we owe you a 100 times over in our gratitude for your unwavering, unconditional and unstoppable persistence in taking care of Visitation Valley! We could not have stood without your love! Without you we would be lost! And we have you now. You are ours, and we will never let you go! Thank You God for sending Ann to Visitation Valley!

*Robert "Bobby" Roth, 7-Eleven Store Manager: "Just say 7-Eleven over and over again!" Everyday, we stop by the store and see your friendly face, a picture forever embedded in our minds. Visitation Valley loves you, and for your years, upon years, upon years of service. We acknowledge you and wish you many more years of serving this community!

*Treatha Stroughter, Recruiter, Communities of Opportunity (COO Sunnysdale): The Fire! The Intensity! The opening up of your heart! The Visitation Valley community acknowledges your continued support and loyalty to bring about change for so many of our residents. We know you! The toughness; the game face you put on! However, we've

seen that tender side of you that resonates the beautiful person you are. We are looking at you now, Treatha, and what we see, is love!

*Visitation Valley Family and Community Services Center. Please, please, please tell me you've been there! The atmosphere, the beauty; the love in that place is unbelievable! The fabulous five (Meriam Abalos, Marichelle Punzalan, Joyce Boone, Cynithia Pun, and Jenny Sosa) represent the diversity of the Visitation Valley community and will forever be Visitation Valley's center of hope. Almighty God has touch this Center and has blessed everyone and everything in it!

To all of the above nominees, our love will be with you always. Thank you for loving us, as we will continue our overwhelming love

City and SFUSD Partner to Create Schools as Community Hubs

by Mayor Gavin Newsom

The health and wellness of all San Franciscans continue to play an essential role in my administration. I am proud of the positive inroads that programs such as Shape-Up San Francisco and the Mayor's Walking Challenge has had on our residents toward increasing the awareness of and opportunities for increased physical activity and improved nutrition where people live, play, work and learn. Getting proper exercise or regularly engaging in healthy physical activities has also been attributed to greater academic success in school.

Recent studies have demonstrated that students who participate in some form of physical activity benefit from increased concentration; improved math and reading skills, higher writing test scores and are less likely to take part in disruptive behavior - all of which may lead to increased academic achievement and performance in school. As an extension of my commitment to promote greater wellness and good health for all our residents, I am proud to announce a new partnership between the City and the San Francisco Unified School District (SFUSD) to provide more open space for our children and families to play and gather by opening up playgrounds on public school property. This joint effort is to bring our communities closer together

Artist Reception in
May at S.F. Recycling

Tinkerer and kinetic artist extraordinaire, Paul Cesewski recreates an old-fashioned carnival midway at the dump as the latest artist-in-residence on Friday, May 23 from 5 to 9 p.m. and Saturday, May 24 from 1 to 5 p.m. at S.F. Recycling and Disposal, 503 Tunnel Ave.

The exhibition will feature the ambiance of a carnival, employing a series of mechanically heavy-handed entertainment devices imbued with a lighthearted sense of nostalgia.

Using all found gadgetry to create his pieces, Cesewski harks back to a simpler and more innocent time. His motto, "Fun is the universal language," becomes obvious in the bicycle powered kinetic sculpture he created while at the dump.

The artist-in-residence program at San Francisco's dump is a one of a kind program started in 1990 to encourage people to conserve natural resources and instill in children and adults an increased appreciation for the environment as well as art. Over 65 professional Bay Area artists have completed residencies. Applications are accepted annually (in August) from professional artists from the Bay Area.

Admission to the May event is free and open to the public.

Grapevine on the Web

Read current and past stories from the Visitation Valley Grapevine at www.visvalleygrapevine.com.

for you!

The Safety Network 2008 Community Leadership Awards Winners for Visitation Valley are:

*Minister Leslie Burch: Leslie grew up right here in Visitation Valley and has witnessed and experienced first hand the life and death changes of our community. As a child, he was special ... bringing a quality that would one day make a mighty change in our community. Leslie, your community honors you for your dedication, fortitude and sacrifice of being there for us in our hour of need. God bless you, from your entire Visitation Valley family!

*Sharen Hewitt, the Community Leadership Academy Emergency Response (CLAER) Project: The vision of Ms. Sharen Hewitt through her persistence in alerting San

Francisco, saying, "The Visitation Valley community deserves better services" to combat the ever increase rage of violence in our neighborhoods. The Vision of CLAER resonates this vision in our hearts and minds, whereas it reflects that we are in serious times and drastic measures must be taken! Sharen, we salute you and your staff for the tireless and deep-rooted commitment for the families of the Visitation Valley and the City and County of San Francisco!

The Safety Network, the Visitation Valley Community, and City and County of San Francisco acknowledge and honor the 2008 Safety Network Community Leadership award winners and nominees in the Visitation Valley community! Kevin Blackwell, Visitation Valley, Safety Network Organizer

and to share in the effort to raise smarter, stronger and healthier children. We currently have 12 school yards open, with at least one in every supervisorial district, with a plan to open more.

As a part of this partnership school yards will be opened on weekends from 9 a.m. to 4 p.m. The Recreation and Parks Department will open and closed each school yard on Saturday and Sunday and will immediately report any site damage, garbage or graffiti to the Department of Public Works (DPW) for immediate repair, pick up and clean up.

Related clean-up or maintenance issues may be reported through the City's 311 customer service center. Clean up for the participating schools will be flagged a priority and the clean team will respond immediately. Signage has been provided to each open site describing this pilot program and the SFPD has notified the appropriate stations and will have patrols drive by or walk through the school sites regularly.

This is a pilot program and is currently being evaluated to determine the success and continuation of the program.

The following is a list of schools participating in the Schools as

Community Hubs Pilot Project.

District 1: Alamo Elementary School - 250 23rd Avenue

District 2: Claire Lillienthal Elementary School - 3630 Divisadero Street

District 3: Gordon J. Lau Elementary School - 950 Clay Street (gate on east yard from Clay to Washington)

District 4: Francis Scott Key Elementary School - 1530 43rd Avenue at Kirkham (gate opened on 42nd Avenue side)

District 5: Rosa Parks Elementary School - 1501 O'Farrell Street

District 5: Jefferson Elementary School - 1725 Irving Street (gate opened on 18th Avenue)

District 6: Civic Center School - 727 Golden Gate Avenue at Gough (gate opened on McAllister Street)

District 7: Commodore Sloat Elementary School - 50 Darien Way

District 8: James Lick Middle School - 1220 Noe Street (gate opened on Clipper Street-upper yard)

District 9: Cesar Chavez Elementary - 825 Shotwell Street at 23rd Street (gate opened on Folsom Street)

District 10: Daniel Webster Elementary - 465 Missouri Street

District 11: Monroe Elementary - 260 Madrid Street

PUBLIC NOTICE: COMPREHENSIVE FIVE-YEAR REVIEW

Midway Village and Bayshore Park Sites
Daly City, California, March 2008

The Department of Toxic Substances Control (DTSC) has approved the Five-Year Review Reports for Midway Village and Bayshore Park Sites located at 49 Midway Drive, Daly City, California. The Midway Village site is a multi-family, housing complex owned and operated by the Housing Authority of San Mateo County. The Bayshore Park site is a public park which is owned by the City of Daly City and located adjacent to Midway Village.

The current remedies are protective of human health and the environment based on DTSC's review of data collected to date, the review of site reports documenting the investigations, remedy selection, cleanup, recent site inspection, community comments, and technical assessment completed as part of this five-year review.

The Draft Five-Year Reviews for Midway Village and the Bayshore Park considered previous cleanup actions which have been taken at the site and all new information generated since the approval of the first Five-Year Review for Midway Village on June 19, 2002. This includes the Indoor Air Monitoring and Fungal Growth Study conducted in 2002, annual cap inspections, the 2006 Office of Human Health Hazard Assessment (OEHHA) Midway Village review, and regulatory changes to cleanup standards or other regulatory standards. This is the second Five-Year Review to be completed by DTSC for Midway Village.

The Five-Year Review reports are available in the information repositories listed below.

*City of Brisbane Library, 250 Visitation Avenue, Brisbane, California 94005, (415) 467-2060

*Department of Toxic Substances Control, 700 Heinz Avenue, Berkeley, California 94710, (510) 540-3800 (Call for appointment)

*Housing Authority County of San Mateo - Midway Village, 47 Midway Drive, Daly City, CA 94014

*Bayshore Library, 460 Martin Street, Daly City, California 94014, (650) 991-8074

You can also view Bayshore Park and Midway Village documents on DTSC's website at www.dtsc.ca.gov. Click on "EnviroStor" in the left column, type in Daly City next to "City", click on "Get Report", then click on "Bayshore Park" or "Midway Village" (listed in alphabetical order) to find the documents.

For questions or concerns about the Midway Village and Bayshore Park Sites, please contact Karen Toth, DTSC Unit Chief, at (510) 540-3834 or by e-mail at ktotth@dtsc.ca.gov. For information about public participation and community involvement, please contact Nancy Cook, DTSC Public Participation Specialist, (510) 540-3923 or by e-mail at ncook@dtsc.ca.gov. For media questions, please contact Angela Blanchette, DTSC Public Information Officer, at (510) 540-3732 or e-mail her at ablanch@dtsc.ca.gov.

GRAPEVINE
VISITACION VALLEY

Editor: Len Applano
Published monthly by Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134, (415) 467-9300; Fax: 467-3757; visvalley@earthlink.net; Web: www.visvalleygrapevine.com
Opinions expressed in the Visitation Valley Grapevine are not necessarily those of Visitation Valley Community Center.
VVCC Executive Director: Julia A. Kavanagh
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Protecting Domestic Violence Victims and Ensuring Justice

by Senator Leland Y. Yee, Ph.D.

For many survivors of domestic violence, one of the most difficult decisions they will face is whether or not to testify against their abusers in a court of law. It is easy to assume that survivors would want to testify against their abusers in order to bolster a vigorous prosecution, so that the abusers will be incarcerated.

But for survivors, this can be a terrifying prospect. In addition to having to relive their abuse, survivors must weigh the possibility that if the prosecution fails, or the sentence given to an abuser requires a limited amount of jail time — which is frequently the case — the abuser may seek revenge.

Survivors of domestic violence face many challenges and dangers even after they have taken steps to remove themselves from abusive and sometimes life-threatening situations. Fleeing an abusive relationship requires survivors to start a new life, sometimes with little or no financial support, and often while trying to maintain a stable environment for their children.

Beyond the practical challenges, survivors must also contend with the possibility that their abusers will remain in arm's reach of them and their children. Some choose to go into hiding or to enroll in programs to veil their identities and location. If they are employed, their workplaces must be alerted to potential dangers and children's schools must also take steps to prevent an abusive and/or dangerous parent from coming into contact with them. For many survivors, there is little real protection, as no police department or court can ensure their safety. No security will be provided on a 24-hour basis.

Since 1991, sexual assault victims have not faced imprisonment if they decide not to testify in a criminal case. Domestic violence survivors do, and have been subject to incarceration for their refusal to testify. This is despite the fact that many domestic violence survivors are also victims of sexual assault. This law was tested in 2005, when the district attorney in San Mateo County pursued and a judge ordered jail time for a survivor for refusing to testify against her abuser.

The victim in the case, Katina Britt, was fortunate that her abuser was convicted of a variety of charges without her testimony. In her case, and in most cases, there was ample corroborating evidence for prosecutors to obtain a conviction. Very rarely will an abuser be convicted simply on the testimony of a survivor alone.

But survivors take a risk in refusing to testify. Regardless of the reason for refusal, whether it is because the retelling of the abuse and confronting the abuser is simply too terrifying or traumatic, or whether they know that to do so may endanger their lives and perhaps of the lives of their children, survivors can and do face the possibility of being prosecuted for their refusal.

As a result, survivors who have been brutalized by domestic violence can be tossed into a cell by a district attorney, and their children can be placed in foster homes.

In an ideal world, survivors would be able to bravely confront their abusers and ensure that the abusers are jailed for lengthy sentences. But such outcomes are never guaranteed and infrequently imposed. By forcing survivors to testify, overly zealous prosecutors are requiring them to relive past horrors and, in some circumstances, endanger their lives.

Prosecutors want to win cases and that is understandable. But they must learn to work collaboratively with domestic violence advocates and victims to secure prosecutorial evidence without victim coercion. For survivors, ending the cycle of abuse is not

about a victory in court, it is a focused and lengthy effort to heal themselves and their families, and to build a new life free of violence.

I introduced Senate Bill 1356 to help protect domestic violence survivors. SB 1356 will change the law in California so that survivors will no longer be punished for choosing to protect their own lives, rather than testify against their abusers. On March 25, 2008 the Senate Public Safety Committee approved SB 1356 to protect survivors of domestic violence from the threat of incarceration when they refuse to testify against their abuser in court. SB 1356 will also delete the portion of the civil code that requires a domestic violence victim to attend counseling or perform community service if they choose not to testify. Victim advocates assert that these measures serve only to re-victimize.

The advocate community, including the California Partnership to End Domestic Violence, the California Coalition Against Sexual Assault, California Protective Parents Association, California Public Defenders Association, Crime Victims United, Taxpayers for Improving Public Safety, and American Federation of State, County, and Municipal Employees (AFSCME), as well as over thirty other prevention advocacy organizations

Valley Discussed by Planning Alliance

From Page 1

A variety store of the "five and dime" sort was one suggestion. While we find many small useful items at the Ninety-Nine Cents store, a larger variety that might include small hardware items, sewing notions, and so on, would be welcome. Another suggestion that brought sounds of approval was for an ice cream and snacks store.

One man praised the art deco architecture along Leland and, noting that in some neighborhoods faux art deco facades are being installed, urged that the Visitacion Valley neighborhood encourage highlighting that aspect of the buildings since it is "the real thing." Fran Martin would like to see a design review of the signage along the corridor.

In discussing restaurants, a youth job training program in the food service and catering business might be a potential for one of the vacancies on Leland.

The discussion then veered to safety and quality of life concerns: loiterers on the street and in the Hans Schiller Plaza, and people gathered at the public phone late at night are troublesome to many. Some of the suggestions to address these issues were: have the phone removed, encourage building owners to install sensor lighting, and seek a ban on the sales of small bottles of liquor and single cans of beer.

Additional ideas were to find

throughout the state, believe that survivors of domestic violence are in the best position to judge when testifying against their abusers might pose a serious threat to themselves or their children.

Although I respect the opinion of the district attorneys who oppose this bill, I am compelled by the overwhelming interest of victims and advocates who must handle the physical and psychological trauma associated with abuse. We want DAs to fully prosecute domestic violence cases, however, if victims fear having to testify or face imprisonment, they may be less likely to even come forward and report incidents of domestic violence. Senate Bill 1356 makes it clear that when a domestic violence victim fears for his or her safety, these statements must be taken seriously by both the District Attorney and the Judge. Our criminal justice system must ensure that victims are treated with dignity, and evidence must be obtained in a way that does not involve intimidation or the threat of incarceration.

For those who would oppose this measure we ask simply, what would you do if offered a choice between your life and the safety of your children or being forced to testify? For those who work with survivors, there is only one answer, and that is life.

ways of transporting any homeless people to SF Connect or other agencies serving the homeless, engage Leland merchants in a survey and participation in the planning for improvements, and attend meetings with police to discuss situations where police action is appropriate. A positive suggestion was instituting more all-community events, on Leland Avenue, such as concerts in the park once a month, since more people on Leland make the street more attractive to possible businesses.

The next coming attraction on Leland Avenue is the annual Sidewalk Sale on May 17. Come browse the tables and patronize our local merchants.

Teen Crashes Costing the U.S. \$34 Billion

A new AAA study finds that crashes involving teen drivers age 15 to 17 cost the United States more than \$34 billion annually in medical expenses, lost work, property damage, quality of life loss and other related costs in 2006. The total cost of teen crashes in California in 2006 was \$2.8 billion.

"There are obviously severe consequences for the people directly involved in these crashes and for their family and friends, but the effects don't end there," said Sean Comey, spokesperson for AAA of Northern California. "Our research reveals how these incidents impact everyone, in-

Candlestick Cove Back on the Map

From Page 1

Access to 101 has its advantages and disadvantages. Avoiding downtown congestion will be a strong selling point but the noise associated with nearness to this corridor can't be ignored. Fortunately, the homes have double paned windows and there is no perceivable noise factor within the solid structures.

Under certain meteorological conditions, odor from the nearby garbage company will likely be of concern. How much this will play into a potential homebuyer's decision-making process is impossible to gauge. But prospective buyers can take comfort knowing that the value of Little Hollywood homes, which are just as close, are generally the strongest in Visitacion Valley.

The square footages of the homes are generous, ranging from 1,300-1,900 square feet. Those accustomed to the typical mid century San Francisco home (two stories with the lower floor dedicated to the garage and utility space and the upper floor dedicated to living spaces) might find these three story town homes a bit of a challenge. The footprint of each home is smaller relying on a vertical layout to maximize interior space. This translates to more interior stairs (seniors take note!) and smaller rooms.

In many ways these town homes are reminiscent of the working class Victorians of a bygone era, slim and tall. Only six homes in the development will have small private yards but there is a generous amount of open space in and around the development.

Each home has a two car garage on the ground floor and depending on the floor plan, a flex space that can be used as a den, office, or additional bedroom. It may be too early to tell -- not enough of the site has been completed --but the available of street parking seems limited.

Much of the curb will be taken up by driveways forcing visitors to

cluding taxpayers."

According to the analysis conducted by the Pacific Institute for Research and Evaluation (PIRE) for AAA, drivers ages 15 to 17 in 2006 were involved in about 974,000 crashes, injuring 406,427 people and killing 2,541.

The \$34.4 billion cost in 2006 includes \$9.8 billion in cost from fatal crashes, with an average cost of \$3.841 million per fatality.

Injury crashes averaged \$50,512, costing a total of \$20.5 billion. Property damage crashes accounted for the remaining \$4.1 billion in cost.

park on side streets. This problem isn't unique to the site however.

The kitchen, living/dining rooms and at least one bathroom are on the second floor. Kitchens can be customized with high end equipment (the see through refrigerator was especially nice!) are well laid out and suitable for the solo cook as well as the family gourmet. Built in laundry units are included and some floor plans include a small laundry room as well.

The models were expertly laid out showing their potential as a real home for the Pottery Barn and IKEA client! Rooms are available in several combinations of trim levels and upgrades.

The size of the third floor bedrooms may disappoint some. The vertical layout is efficient but does not allow for a copious amount of open floor space. This is most apparent in the master bedroom. A queen-sized bed and two modest nightstands will push the limits of the space. The master bathrooms are large however and the closets space should be suitable for a modest fashionista.

It is too early to fairly judge the exterior design and overall architectural style of the development because the context will evolve over several years. Currently the completed buildings command attention because they are pioneers in a new landscape.

As more buildings are completed and the landscape matures the overall effect may soften. Nevertheless, it is clear that the finished materials are of high quality and attention to detail is apparent.

Sadly, the developers missed one of the easiest opportunities to secure their development's foothold in the visitor's (and potential homebuyer's) imagination. The selected street names simply do not embody "San Francisco." *Otter Cove Terrace, Pelican Cove Terrace* and *Emerald Cove Terrace* may be suitable for bland suburban subdivisions but not for The City by The Bay.

Lastly, a minor quibble regarding Signature Properties sales materials. The packets detailing the floor plans and amenities lacked the cultural diversity typified by San Francisco. A more inclusive selection of stock photos should have been used. Also the map illustrating the site's context to nearby amenities completely ignores Visitacion Valley. Leland Avenue is not shown. Not a good way to introduce new homebuyers to the existing neighborhood.

Still, Candlestick Cove is destined to be an excellent addition to the eclectic collection San Francisco neighborhoods. Check it out for yourselves, you may be pleasantly surprised. The sales office is open daily and is located to the right of the Blanken / Executive Park intersection. See www.candlestickcovehomes.com for more info.

New Manager For VVBOOM

by Nick Wolff

Greetings Vis Valley! I'm thrilled to be working on the Leland/Bayshore Commercial District.

It's only been a few weeks, but I've already had the opportunity to meet a majority of the dedicated merchants who's hard work provide a variety of distinct shopping along Leland Avenue and Bayshore Boulevard. My unique combination of education and experience working on commercial corridors has prepared me to excel here in Visitacion Valley.

I'm currently working with number of business owners on Leland Avenue to coordinate the 3rd Annual Sidewalk Sale Saturday, May 17th - see you there!

We've also begun planning the



Nick Wolff, new to Visitacion Valley.

3rd Annual Leland Avenue Street Fair scheduled for Sunday, September 14th (mark your calendars).

Don't hesitate to stop and say "hi" if you see me in the neighborhood, and check out www.vvboom.org for the latest program updates. I can also be reached at 415/587.7896 ext. 104.

Visitacion Valley Community Beacon

450 Raymond Ave., Room 101, (415) 452-4907
Free After-School Activities for the Community

- ***Tutoring:** 4:15 to 6 p.m., Monday, Tuesday, Wednesday, Thursday.
- ***Arts and Crafts:** 4:15 to 6 p.m., Tuesday, Thursday.
- ***Cardio Dance:** 4:15 to 6 p.m., Monday, Wednesday.
- ***Cesar Chavez Club:** 4:15 to 6 p.m., Monday through Friday.
- ***DJ Class:** 4:15 to 6 p.m., Monday, Wednesday.
- ***Healthy Cooking:** 4:15 to 6 p.m., Monday, Tuesday.
- ***Hip Hop Dance:** 4:15 to 6 p.m., Tuesday, Thursday.
- ***Latino Club:** 3:30 to 4:30 p.m., Wednesday.
- ***Lunch Time:** Asian Club, Room 207 (CYC) on Tuesday; Pacific Islander Club (SCDC/SOS) Room 207 on Wednesday; Anime Club at Room 104 on Friday.
- ***Martial Arts:** 4:15 to 6 p.m., Tuesday, Thursday.
- ***Movie Day:** 4:15 to 6 p.m., Friday.
- ***Performing Arts:** 4:15 to 6 p.m., Tuesday, Thursday.
- ***Recreation:** 4:15 to 6 p.m., Monday through Friday.
- ***Roots:** 4:15 to 6 p.m., Monday, Tuesday, Wednesday.
- ***Sports League:** 4:15 to 6 p.m., Monday, Wednesday.
- ***Street Side Stories:** 4:15 to 6 p.m., Monday, Wednesday.
- ***Soap Box Car:** 4:15 to 6 p.m., Monday, Wednesday.
- ***Tang So Do Self-Defense:** 4:15 to 6 p.m., Tuesday, Thursday.
- ***Tree Frog Trek:** 4:15 to 6 p.m., Monday, Wednesday.
- ***Unique Stars (Girls Group):** 4:15 to 6 p.m., Monday, Wednesday.
- ***Urban Dance:** 4:15 to 6 p.m., Monday, Tuesday, Wednesday, Thursday.
- ***Tailor Made (Boys Club):** 4:15 to 6 p.m., Tuesday, Thursday.

McLaren Park News and Notes

by Betty Parshall

Celebrate Nature Where You Live

It was a crystal clear day on Sunday, April 20, when hundreds of people visited the "Second Annual Celebrate Nature Where You Live" event in McLaren Park. (It was crystal cold, too. Was this really April?)

There were dozens of tables featuring environmental information and strategies on caring for our park, our city and our planet. The native plants table, headed by Greg Garr, was doing good business selling plants that are not only native, but also exclusively native to San Francisco.

The Department of Public Works was handing out leaflets to let people know their responsibilities about their green, blue and black bins – they should not be left outside except on your collection day. And you should check the cover of your water line – the little perforated metal cover out in front of your house. It is the responsibility of the property owner to keep it in good repair; if it is broken and somebody trips and is injured, the property owner, not the city, can be sued.

Friends of the SF Library, Friends of the Urban Forest, the Golden Gate Audubon Society, and many more groups, presented friendly, informed and fascinating information. The SFPUUC table was very popular; steel water bottles were handed out to those who pledged to drink tap water.

Children had a wonderful time with the Tree Frog Treks, where they could hold a snake or a lizard and learn about our partners on the planet. There were other games and activities for the youngsters too.

I missed it, but was told that the Geology Walk led by Carol Tang, a paleontologist from the Academy of Science, was excellent. (Watch this space for announcement of another geology walk. Franco Mancini, president of Friends of McLaren Park, plans to ask her to lead another walk later this year.) People also took their choice or choices of a butterfly walk, history walk, or wild flower walk.

The continuous entertainment at the Jerry Garcia Amphitheater was varied. The a-cappella singing by the Lesbian/Gay Chorus of San Francisco was truly beautiful and so appropriate to the natural setting. Manual's Dojo young people were impressive, as were the young musicians from Visitation Valley Middle School. Five students and teacher Mr. Brae played while two talented sixth-graders sang. Steven Gary, musician and composer, came next, followed by a Tai Chi demonstration led by Cady Wong.

Local youth worker Curt Yagi of SF ROCK also composes much of his music. (We have so much talent in Visitation Valley!) Next came The Back Porch Band playing blue grass/country music, terrifically entertaining. Finally, to wind up the day, Shake Your Peace and the Sonya Cotton Band performed; these folks generate their power by pedaling bicycles wired to generators to provide truly clean/green energy.

A great deal of credit and thanks go to Brotha Clint who served as Master of Ceremonies.

The introductions were thorough, and his communication style with the performers and the audience was relaxed, friendly and filled with good humor.

All in all, a day full of good times and good learning experiences.

Tips to Save Your Back While Gardening

It's springtime and millions of gardeners will return to their yard to tend their lawn, grow flowers, fruits and vegetables. Unfortunately, for most gardeners, come Monday, their reward for their effort will be a strained back and sore muscles. This doesn't have to be.

Jeffrey Restuccia, author of *Get Fit Through Gardening* (Hatherleigh, \$15.95) has these tips to prevent back strain and muscle soreness while gardening:

*Always stretch both before and after gardening. Even if you're only going to mow the lawn, get in a habit of stretching every time. It will prevent injury, reduce soreness and increase flexibility. In particular stretch your legs, groin and shoulders.

*Change your raking and digging stance. This is the most difficult habit to change for lifelong gardeners. Rake and dig using your legs and not your back. Your back should always be straight. Bend

Events This Month at Valley Branch Library

Following are events in May at the Visitation Valley Branch Library, 45 Leland Ave.:

*May 6, 13, 20 and 27, Tuesday: Mother Goose on the Loose with stories songs and rhythms for babies and toddlers at 11:30 a.m.

*May 6, 20 and 27, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*May 13, Tuesday: Unique Denique for children of all ages. Join in on Derique's unique version of hambone, body rhythm and clowning at 10:30 a.m. Space limited. Call (415) 355-2848 for reservations.

*May 14, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

is in your knees, in a slight crouching stance and always keep your knee over your foot (not splayed legged). Rake using a rocking and scooting motion, not a stationary, straight-legged stance. This unique, back-saving motion and stance will take some getting used to but your back will thank you – and you will be able to garden longer, with more power and burn more calories.

*Change your stance and position every three to five minutes. If you're kneeling, change to standing. If you're sitting, change to standing. Also when raking alternate between raking right-handed and left-handed. While this may be awkward at first, with time it will be perfectly automatic and natural.

*Pay careful attention to the tools you use and your body as you garden. Always strive for a pulling motion toward you using your legs with your back straight. Any stabbing or pushing motion, such as using a hand trowel to dig holes, should be used only for short periods of time. Short handled tools are the main cause of back strain while gardening in the United States. Ideally raking and hoeing tools should be five to six feet long.

Gardening can be good for you. However, most gardeners are too focused on the plants to notice that they're straining their bodies, using repetitive motions or bending over from their back. Paying careful attention to your body's needs will enhance your enjoyment of gardening and prevent back strain and muscle soreness.

Jeffrey P. Restuccia is the author of *Fitness the Dynamic Gardening Way*, the only book that has ever discussed gardening as a way of fitness. He has been a National Test Gardener for Organic Gardening for six years and is a leading authority on gardening and fitness. He lives in Memphis, Tennessee

New Teen Librarian for Visitation Valley and Portola

Hello Neighbors:

My name is Abby and I am the new Teen Librarian at the San Francisco Public Library's Portola and Visitation Valley Branch libraries. I can't tell you how thrilled I am to provide library services to your vibrant community.

Let me tell you a little about what my job as a Teen Librarian entails. Basically, I am in charge of helping teens in this neighborhood get the things they need from the library. I plan programs and events at the Library that interest teens. I'm available to help teens with school research projects and visit neighborhood organizations that work with youth.

I'm also responsible for ordering the latest in Young Adult literature, music, and film. The only thing is I can't get teens exactly what they want unless they tell me, so please stop by the library and tell me!

You can also contact me through <http://www.myspace.com/sfteenlibrarian>. You may also reach me by phone: 415.355.2848 or 415.355.5660. Hope to see you soon, Ahhy Harwood, Teen Librarian

Teen Summer Reading Program
Get involved at your Library!
Teen Summer Reading Program begins soon.

Every summer SFPL sponsors a Teen Summer Reading program which includes events, programming, and incentives to get teens reading and visiting the library.

This year teen participants will be entered into a raffle for a chance to win a Zune MP3 player, an iPod shuffle, gift certificates, books, jump drives, and much more.

Drop by the library to sign up, win cool prizes just for reading, and participate in our Teen Summer Read events.

Soon I'll be pounding the pavement in order to promote Teen Summer Read. Look for me in your classrooms or after-school organizations or contact me to schedule a visit to your school or community program.

Teen Advisory Council

Teen Advisory Council is looking for members: Portola and Visitation Valley Branches

Want to make a difference? Want to be heard? Join the T.A.C. and have a say in what goes on at the library.

*Help choose new teen books, DVDs, and CDs.

*Plan cool teen programs, events, and parties.

*Make new friends.

*Get free stuff.

May Garden for the Environment Classes

Garden for the Environment (GFE) will offer the following classes in May on Saturdays at 7th Avenue at Lawton Street.

To pre-register for classes, call (415) 731-5627 or email info@gardenfortheenvironment.org.

*May 3: *Urban Composting* from 10 a.m. to 12 noon. This fun, hands-on class teaches methods for backyard and worm composting. Come learn what you can do to improve your garden without chemical fertilizers or pesticides and prevent organic waste from ending up in the landfill.

*May 10: *Earthen Oven Building Workshop* from 10 a.m. to 12 noon. Learn the basics of natural building by constructing a cob oven. This workshop is \$15, although no one will be turned away for lack of funds.

*May 17: *Advanced Composting* from 10 a.m. to 12 noon. Learn about DIY compost bin designs from reclaimed materials and participate in the hands-on construction of a bin made from salvaged materials. Further discussed will be urban sources for the greens and browns your compost pile needs and learn the science behind Carbon / Nitrogen ratios, both in the pile and of individual materials. This workshop is \$5, although no one will be turned away for lack of funds.

*Eat snacks.

*Looks great on college and job applications.

Interested? Stop by the Portola or Visitation Valley Branch libraries for more information! For teens age 13 to 18 only.

Kid Power

Are you between the ages of 10 and 17? Are you looking for something to do this summer? Kid

Power is a program in which young people volunteer to help the library with the Library's summer reading and special programs. Kid Power is not only a whole lot of fun, but it's a great opportunity for students to accumulate community service hours.

Interested? Stop by or call the Portola or Visitation Valley Branch libraries for more information.

Spotlight of the Month!

OLV Mother's Club Still Going Strong



Viola Rusca (l) and Lydia Bini have chaired many events for the OLV parish.

by Edie Epps

Church of the Visitation located on Sunnyside Avenue was founded in Visitation Valley more than 100 years ago. The Mothers Club has been part of the Our Lady of Visitation (OLV) parish for many of those years and is still going strong, raising funds for the needs of the parish.

Recently, the Mother's Club held their annual April rummage sale in the Parish Hall which is one of their fundraisers along with other events throughout the year. Many

members are lifelong or longtime Visitation Valley residents.

Pictured here (left) is Viola Rusca, a life long resident and member along with long time member and resident Lydia Bini who have chaired many of these events.

Hats off to all of the Mother's Club members for the Church, as well as our community.

We would like to profile a VV organization or group each month to recognize their outstanding work in our community. Call Edie Epps at (415) 467-0236 if you have one in mind

Visitation Valley History Project

Mike Klotovich, Football Great

When we were collecting oral histories in 2003, the name Mike Klotovich came up more than once. People remembered him as a great football player who played for Mission High School, went on to play for St. Mary's College, played for a semi-pro team, the San Francisco Clippers, and then played for the New York Giants in 1945.

In the 1987 Grapevine history columns is this item: "former Mission High football great, Mike Klotovich, was among ten members of the 1987 San Francisco hall of Fame to be honored at a special May banquet at USF Commons."

So his name caught my eye when I saw it in the S.F. Chronicle on Saturday, April 19. He had passed away the previous Thursday at the age of 90. Although we can't copy the paper's story, I'll paraphrase a bit. A man who had played with Mike Klotovich said that in the depression people who lost their jobs would go back to school, which meant that high schoolers were sometimes playing against men who were 20 or 21 years old. There were no substitutes.

Mike Klotovich was fast, he could pass, catch, and kick, and all the western universities were after him.

Mr. Klotovich stood out in the community as demonstrated by how our oral history interviewees remembered him with such admiration and awe after so many years, but was also remembered as modest and a fine family man.

School Memories

"I attended kindergarten at Visitation Valley School; my teacher was Miss Glass. I was the first child in a Mexican family and therefore did not know a word of English, although my father was American-born. The adjustment was difficult because I could not understand what was being said in class. We would have to bring in 25 cents at the beginning of the week, which would cover "milk and cookies" – a small carton of milk and one (1) square of a graham cracker!

At the beginning I did not understand, so I would get water and a cracker square. Needless to say, I learned fast.

My best memories at Visitation Valley (school) were the fresh butter cookies haked in the cafeteria – two for 25 cents! I transferred to Our Lady of Visitation in 1964."

-Donated memory from Anna Cedenonastari

"My first memory of Visitation Valley starts in August, 1972, when I came to teach in Our Lady of the Visitation School on Sunnyside Avenue. The neighborhood was lovely, the people – especially the children – were friendly and helpful. I have been here three times and each time I return I find changes in people but not in attitude! Of all the places I have served as a teacher, my heart is (and always has been) in San Francisco's Vis Valley!"

-Donated memory from Sister Margaret Mary, Daughter of Charity

The Visitation Valley History Project welcomes your memories of school days and other stories of your life and times in Visitation Valley. Send to Betty Parshall bparshall@flash.net

EarthTalk

A Healthier Fish Diet

Dear EarthTalk: How can I find out which seafood to avoid if I am concerned about lessening my impact on the environment and avoiding consuming unhealthy pollutants? -Pat Kelly, Seattle, WA

Several decades ago a fish-centric diet was considered to be not only healthy but also environmentally friendly. But today those of us who eat a lot of fish may not be doing ourselves or the environment any favor. The two major concerns are overfishing and pollution.

Demand for low-calorie, protein-rich fish has grown tremendously alongside increases in world population. At the same time, the technologies employed for catching seafood have improved to the point that the commercial fishing industry has essentially stripped the ocean of its once teeming fish populations. One recent analysis concluded that only 10 percent of the large predatory fish that once roamed the world's oceans are left, due to overzealous sport and commercial fishing. Another study concluded that three-quarters of the world's fisheries are either fully fished or overfished.

Pollution from industrial, agricultural and other everyday activities like electricity generation and automobile driving has also taken a serious toll on the health of the remaining fish species. Scientists routinely find unsafe levels of mercury, PCBs, dioxins, pesticides and other harsh toxins in the fat, internal organs and even muscle tissue of many different kinds of fish. These contaminants are then passed on up the food chain to our dinner plates.

According to Seafood Watch, a project of the Monterey Bay Aquarium that works to educate the public about the seafood crisis, consumers can make a difference by getting educated so as to make smart choices about what seafood to avoid. Consumers can download and print out free Seafood Watch pocket guides to the "best choices" across six different regions of the U.S. — after all, what's abundant and sustainably harvested in your area may not be the same for someone across the country.

Another convenient way to get the low-down on the fish you may be contemplating buying at the grocer or a restaurant is to text "30644" with the message "FISH," followed by the name of the specific fish in question. In a few seconds, an automated response will come back from the non-profit Blue Ocean Network's FishPhone service with information on the status of the fish in question — and alternatives, should Blue Ocean consider the fish an undesirable choice.

The basic skinny on fish consumption is that if you like it, you should eat it, but responsibly — that means in moderation and armed with the proper knowledge of which types of fish to buy and which to avoid.

For those looking to cut down on or eliminate seafood from their diets but still gain the health benefits of eating fish, plenty of alternatives exist. As most vegetarians know, beans, tofu and many nuts can be significant alternative sources of protein. And walnuts, flaxseed and hemp oil/seeds are all rich in the Omega-3 fatty acids common in many fish and thought to help ward off heart disease, cancer, macular degeneration (age-related blindness), arthritis and inflammatory disorders.

Dear EarthTalk: What makes those so-called "new urbanism" housing developments popping up around the U.S. more environmentally friendly than regular old suburban neighborhoods? -Rusty Spinoza, Galveston, TX

The husband-and-wife team of town planners Andrés Duany and Elizabeth Plater-Zyberk are typically credited as the founders of new urbanism, a style of community design that embraces mixed use (commercial and residential) development in pedestrian-friendly and green space-rich neighborhoods — much like the old neighborhoods many baby-boomers remember before suburban sprawl made us all slaves to our cars.

Duany and Plater-Zyberk formulated their new urbanism principles while living in one of the Victorian neighborhoods of New Haven, Connecticut while they attended graduate school in architecture at Yale. Their neighborhood included corner shops, front porches and a variety of attractive and well-designed housing and commercial structures — planting the seed of an idea that has now swept the U.S. and beyond.

The prototypical new urbanist community is Florida's Seaside, which Duany and Plater-Zyberk began designing in 1979 for the 80-acre coastal parcel's developer, Robert S. Davis. Their plan took the best elements of a handful of graceful southern cities like Key West, Charleston and Savannah to create a community based on the tried-and-true concept of walkable, self-contained neighborhoods. Besides 300 homes, Seaside contains a school, a town hall, an open-air market, a tennis club,

a tented amphitheater and a post office — everything anyone could ever need in a town, and all within a five minute walk.

According to the non-profit Smart Communities Network, Seaside works as a community because of its design: "Mandatory porches are set close enough to walkways to enable porch sitters and passersby to communicate without raising their voices.... The streets are all interconnected; creating a network that eliminates 'collector' routes and reduces congestion. Walkways crisscross the development to encourage walking and biking, while narrow streets serve to reduce traffic speed." Building fronts are a uniform distance from the curb and all streets are tree-lined to further the community's "sense of place."

Other examples of new urbanist communities include: Stapleton on the outskirts of Denver, Colorado; Seabrook on the southern coast of Washington State; Melrose Arch in Johannesburg, South Africa; Alta de Lisboa near Lisbon, Portugal; and Jakriborg in southern Sweden. Meanwhile, the idea has caught on in New Orleans, where developers are styling new communities in the wake of Hurricane Katrina based in part on the principles of new urbanism.

According to the website NewUrbanism.org, being green is central to the concept of new urbanism, where houses tend to be compact and on small lots. And

many developers are incorporating green building design and alternative energy generation into their plans for these communities. Furthermore, proponents say that building densely settled, walkable communities instead of road-intensive suburban developments

cuts down on the need to drive, thus further reducing the carbon footprint.

Got an environmental question? Send it to EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881, submit your question at: www.emagazine.com/earthtalk.html; or e-mail us at: earthtalk@emagazine.com.

Fire Burns Little Hollywood Buildings



A three-alarm fire burned through four Little Hollywood buildings on Apr. 27.

A three-alarm blaze which started a little after 7:30 p.m. Bayshore Boulevard once occupied by Cliff's Barbecue. There were no reported injuries in the fire, which was contained in about 45 minutes.

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Making Foreclosures Investment Income

by Robert Lee

Despite aggressive rate cuts by the Federal Reserve, weakening economic conditions and falling home values in California and throughout the country are continuing to cause more homeowners to default on their mortgages and lose properties. In fact, a record number of homes in the United States are facing foreclosure—a number that not's likely to improve very soon. California and Florida comprise approximately 30 percent of new home foreclosures nationwide, and many homeowners with subprime adjustable rate mortgages may be entering into a stage of foreclosure before year's end.

Unfortunately, this is just the beginning of a tidal wave that is going to hit in 2008, continue through 2009, and splash into 2010. With approximately \$1.7 trillion worth of adjustable rate mortgages (ARMs) adjusting in the beginning of 2008, it will be more like a tsunami than a tidal wave. In addition to these ARMs, there are pay-option ARMs defaulting in record numbers; and even more surprisingly, prime borrowers are also defaulting in record numbers. Despite the downward spiraling state of the foreclosure industry, there is a silver lining – one that offers an opportunity for investors to turn defaulted mortgages into income.

Not everyone was born an expert at foreclosure investing. In fact, most people aren't. The good news is that right now even new investors can gain a basic understanding of today's unique market of defaulted mortgages by following five tips. Here are the top 5 secrets to successfully investing in defaulted mortgages:

Attend an Educational Workshop

The best way to learn about investing is to hear from those who have been successfully doing it themselves. There are foreclosure investment workshops available free of charge that can offer, in just two hours, a basic overview of the foreclosure industry and coaching strategies for the entire investment process.

Understand Defaulted Mortgage Terminology

Crossword Puzzle Solution

C	O	N	G	A	B	B	M	A	I	L
A	L	A	R	R	I	A	E	D	D	A
S	I	M	I	I	S	T	L	E	A	D
A	D	A	G	I	O	C	H	I	N	S
	R	E	S		H	A	N			
A	N	D	I	R	O	N	S	E	W	E
B	A	Y	T	E	C	A	L	E		
A	B	E	L	E	T	H	U	S	F	A
		A	R	P		A	C	C		
P	A	L	T	R	Y	N	A	R	I	N
A	M	A	H	E	E	C	A	B	E	D
L	I	M	E		L	E	E	P	I	M
M	A	A	R		O	K	S	E	D	A

The defaulted mortgage arena, like any industry, has a language all its own. Even those versed in real estate and mortgage lending terminology will find that there are terms specific to this part of the business that require familiarity.

Connect with the Right Person, in the Right Department

There is no universal department amongst lending institutions that governs defaulted mortgage sales. Educating the operator on the stages of foreclosure helps most calls get directed to the appropriate person. This is especially helpful to operators who are not familiar with every person and department in the organization and are often trained to simply transfer calls only when a department is asked for by name.

Learn to Ask the Right Questions

Much of the communication that takes place during a foreclosure investment transaction involves the bank. The transactions that evolve quickly and easily are those where the communicating parties are speaking the same language. This also decreases the risk of misunderstanding and unmet expectations.

Know What To Do with Defaulted Mortgage Tapes

Obtaining spreadsheets of portfolios and individuals mortgages for sale is just the first hurdle in the process. After that, it's imperative for investors to know how to use the tapes to calculate competitive bids and negotiate with the bank, as well as complete the required due diligence to exact a successful transaction.

Not only will these top five tips provide even novice investors with a basic understanding of the unique state of the foreclosure industry, they will also guide them to learn more about defaulted mortgages as investment opportunities. For more information about defaulted mortgages, visit www.ForeclosureTrackers.com.

Robert Lee is the founder and CEO of Foreclosure Trackers, Inc., a one-stop foreclosure resource for investors of all skill levels.

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*May 3: Get ready for Cinco de Mayo! Use beads, beans, and foil design to make your own bracelet inspired by Mexican jewelry.

*May 10: Learn to use printmaking tools so you can make your own roll-out Mother's Day cards.

SFSU Guided Tour for VVMS Students



VVMS students took a tour of San Francisco State University on April 14.

Visitation Valley Middle School (VVMS) students and program mentors participated on Apr. 14 in a College Tour Field Trip to San Francisco State University (SFSU). The Visitation Valley Weed and Seed Project co-sponsored this extremely successful guided tour of the SFSU campus in collaboration with S.F. State Project Rebound, Sunnysdale Girls After School Academy and The Roots Program.

The day's events included a guided tour of the campus, meeting with current S.F. State students, lunch and an educational workshop.

VVMS students had an extraordinary opportunity to see a college campus and to meet with young adults — many of whom also live in Visitation Valley and Sunnysdale neighborhoods — who shared about their college experiences and motivated the students to pursue college level education.

from Weed & Seed Newsletter

Gas Prices Continue Record-Breaking Rise

Gas prices continued to rise to record-breaking levels in California over the last month. According to an Apr. 8 report from AAA of Northern California, which tracks fuel costs as a service to consumers, the statewide average cost for a gallon of regular gasoline was a record high \$3.72, a 14-cent increase since the last AAA gas price report on Mar. 11.

The cost of crude oil, the raw material from which gasoline is made, continues to drive retail fuel prices higher. The Energy Information Administration now forecasts that crude prices will average over \$100 per barrel this year. Falling demand for gasoline in California is easing some of the upward pressure on gas prices and reducing profit margins for refineries, but not enough to stop the trend of increasing prices for consumers.

"At today's average price, it costs

\$119 to fill up the tank of a Hummer," said Michael Geeser, spokesperson for AAA of Northern California. "Five years ago, the same amount of fuel would have been about \$69. No matter what you drive, prices at this level are having a big impact on consumers, especially the people who can least afford it."

The most expensive average gas price in the California communities where AAA monitors fuel costs was in Tahoe City, where regular gas sold for \$3.90 per gallon. The lowest price among Northern California cities tracked by AAA is in Chico, where gas cost an average of \$3.65 per gallon.

Throughout Northern California, the average price was \$3.73, up 13 cents since the last AAA gas price report. In the Bay Area, the average price was \$3.86, an increase of 14 cents from last month.

The nationwide average price of self-serve regular gasoline was \$3.33 up 10 cents from last month's AAA gas price report. That ties the previous record high price. The average statewide price in California was 39 cents per gallon higher than the national average.

The least expensive gasoline in the country was found in New Jersey, where the communities of Atlantic and Monmouth had an average gas price of \$3.05. The highest average price in the nation was still in Wailuku, Hawaii, on the island of Maui, where a gallon of regular cost \$3.94. No state in the country had an average gas price below \$3.

Book Review

Prosecutor Experiences

by Michele Martinez

Anybody who's been a prosecutor or a cop in a big city has "war stories" — stuff that most people don't know, would never see and might not even believe if they heard about it. Some of it is troubling, some of it totally hilarious but it all falls into the category of "you can't make this stuff up."

Like Melanie Vargas, the main character in my novels, I had the privilege of serving as a federal prosecutor in New York City. For eight years, I was an Assistant United States Attorney in the Eastern District of New York, which covers some of the most drug- and gang-infested areas of Brooklyn and Queens.

I had jurisdiction over the biggest narcotics organizations in the world. I'm talking about Mexican cocaine cartels loading forty or fifty million dollars of cash at a time into tractor trailers to send back across the border and Burmese warlords controlling hundreds of kilos of heroin hidden in seemingly innocent shipments of goods from Southeast Asia.

Now, I write about the fictional adventures of Melanie Vargas. In my latest book, "Notorious" (William Morrow), Vargas is about to bring a famous rap star to trial for murder when she becomes the sole witness to the murder of his lawyer. Her career and her safety are on the line, but so is her heart. Her relationship with the charismatic defense lawyer was more than strictly professional.

Determined to hunt down his killer, she finds herself in a dangerous world of subterfuge and double crosses. As she zeros in on the answer, she finds she can't trust anybody — not even those closest to her.

New York Times best selling author Lisa Gardner described "Notorious" as "taut and edgy," and taking "the reader on a wild ride through high-powered law firms, bullet-riddled drug dens and the darker corners of the human heart."

Publishers Weekly called it "exciting" and "engaging."

USA Today called previous books in the series "smart and gritty," while the New York Daily News said my thrillers "hit the spot" and "offer a fun-filled ride." For more information, visit my Web site at www.michelemartinez.com.

Martinez is a graduate of Harvard University and Stanford Law School. She worked at a prestigious Manhattan law firm before becoming a federal prosecutor. Now a mother of two, Martinez lives in New Hampshire.

NAPS

Cooking Corner

Mango Almond Crepes
Prep time: 15 minutes; Cook time: 15 minutes total

Mango Sauce: 2 tablespoons butter; 1/2 cup brown sugar; 1/2 teaspoon almond extract; 2 tablespoons heavy cream; 2 medium mangos, peeled, pitted and sliced.

Crepes: 1-1/2 cups low-fat ricotta cheese; 3 tablespoons honey; 1/4 teaspoon cinnamon; 8 prepared crepes; 2 tablespoons butter

Mango Sauce: Melt butter in a medium saucepan. Add brown sugar and almond extract; cook and stir until dissolved. Cook over low heat for 5 minutes, then remove from heat. Stir in cream and cook for 1 minute more; stir in mango and set aside.

Crepes: Stir together ricotta cheese, honey and cinnamon in a medium bowl. Spread about 2 heaping tablespoonfuls onto half of each crepe. Fold in half, then in half again in the other direction. Melt butter in a large skillet. Add crepes and cook over medium heat for a few minutes on each side to lightly brown and warm. Transfer to serving plates and top with mango sauce. Makes 4 to 6 servings. *NAPS*

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Sunday Masses
8 & 9:30 a.m. (11 a.m. Spanish) 12:30 & 5 p.m.

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Religious Education: Grades K-8 (Saturday only) 239-6723

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Visitacion Valley Police Report

Police Cases

*On Mar. 20 at 10 p.m., while working inside Bayview Station, an officer took a report regarding a vehicle being broken into on the 1500 block of Wayland. The owner of the vehicle stated that the car was parked and locked and that they did not hear or see anything. No arrest was made.

*On Mar. 22 at 1:15 p.m., an officer stopped a motorist at Sunnydale Avenue and Santos Street for license plate violation and determined that the car was stolen. The driver, a 32 year-old Visitacion Valley man, was arrested and booked at Ingleside Station on auto theft charges. At 2:30 p.m. on the 1600 block of Sunnydale Avenue, an officer and posse arrested a Visitacion Valley man for a local misdemeanor warrant. The 18 year-old was wanted for resisting arrest. At 6 p.m. at Brookdale Avenue and Santos Street officers were sent to the 2100 block of Geneva Avenue to investigate a purse snatching. The victim told them that the crime occurred in the Visitacion Valley on a Muni bus. The officers went to that neighborhood to investigate and found two juveniles who matched the descriptions given by the victim and a witness. No one was able to identify the two girls as the perpetrators, but one was carrying property taken in the theft. One girl, a resident of the 900 block of Ellsworth Avenue, was arrested on a Juvenile Court warrant. The other girl, a Visitacion Valley teenager, was arrested for possessing stolen property.

*On Mar. 23 at 11 a.m. on the 100 block of Blythdale Avenue, a police sergeant and posse responded on the call of a man down. The victim was dead and inspectors of the Homicide Detail took over the case. At 12:30 p.m. on the 1800 block of Sunnydale Avenue, an officer and posse recognized a 33 year-old Visitacion Valley man wanted on a felony narcotics warrant and arrested him.

*On Mar. 24 at 8:30 a.m. on the 900 block of Holyoke Street, a 47 year-old Portola District woman was robbed of her purse at gunpoint. The suspects fled in a car. When reporting her credit card stolen the victim was told that the card had just been used in a Burlingame gas station. At 11 a.m. on the 1800 block of Sunnydale Avenue, a masked gunman made criminal threats to a 26 year-old Visitacion Valley

Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

GRAPEVINE DISPLAY ADVERTISING: new limited time rates: Full Page \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. **Classified:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

woman. At 1 p.m., members of Bayviews Plainclothes team were in the area of Baldwin Court where a citizen advised them that a shotgun was found in a nearby grass area. Officers located and seized the shotgun. Citizens reported that the occupants of the car had fled into Crocker Amazon Park. An officer stopped a person who matched the description of one of the car's occupants. That person, a 17 year-old San Mateo male, was wanted on a San Francisco Juvenile Court warrant. He was released in the custody of a probation officer at the Juvenile Justice Center. At 1:50 p.m. on the 100 block of Schwerin Street, a 62 year-old Visitacion Valley woman reported that her wallet and its contents were stolen on a Muni bus on Mar. 19. Her credit card was used after the theft to purchase BART tickets, among other items. At 2 p.m. at Arleta Avenue and Bayshore Boulevard, a 16 year-old Visitacion Valley teen reported that her cell phone and purse were taken from her the day before. The suspects escaped in a silver four-door Honda Accord. At 2:25 p.m. at Argonaut and McCarthy avenues, a police sergeant and posse investigated a hit-and-run traffic collision. A truck hit a parked car and fled. The suspect vehicle was recovered on the 300 block of Velasco Avenue. It had been reported stolen on Mar. 21. At 6:10 p.m. on the 1800 block of Sunnydale Avenue, officers attempted to stop a motorist for impeding the flow of traffic. The motorist fled and a police lieutenant and posse responded to the area. Officers found the car abandoned on the 500 block of Munich Street. It had been reported stolen in Tucson, Arizona. At 11:33 p.m., officers were in the area of Wayland and Goettingen regarding a street robbery with a gun involving a suspect wearing a black hoodie. Officers located a vehicle with a person inside matching the description of the suspect. Officers approached the car and immediately smelled burnt marijuana. The occupants of the vehicle admitted that they had been smoking marijuana. Officers searched the vehicle and found a large amount of suspected narcotics and money. The vehicle and suspects were taken back to Bayview where more suspected narcotics and money were found in the car and on the suspects. All suspects were placed under arrest and booked for narcotics related charges.

*On Mar. 25 at 10:15 a.m. inside McLaren Park, an officer investigated a call of trash being dumped on Sunnydale Avenue. She arrested a 51 year-old Mission District man for park code violations and a local misdemeanor warrant.

*On Mar. 26 at 5:50 p.m., a 47 year-old Visitacion Valley woman had

her purse taken at Rey Street and Sunnydale Avenue as she walked home. At 7:45 p.m. on the 200 block of Ward Street, an officer investigated a fight and arrested a 38 year-old Portola District man on felony charges in a Domestic Violence case.

*On Mar. 30 at 3 p.m. at Garrison Ave. and Schwerin St., officers contacted a man for drinking alcohol in public. The 23 year-old Potrero Hill man was wanted on a local misdemeanor warrant. He was booked at Ingleside Station.

*On Mar. 31 at 3:45 a.m. on the 600 block of Sunnydale Avenue, an officer arrested a 41 year-old Portola District woman for malicious mischief. She had broken a window after an argument about parking. At 9:40 a.m. on Santos Street at Velasco Avenue, a 17 year-old Visitacion Valley teenager had her purse stolen from her as she sat on a Muni bus.

*On Apr. 5 at 6 a.m., members of the San Francisco Sheriff's Department were told by an individual that she had been robbed on San Bruno and Harkness avenues. The victim told the deputies that an unknown suspect had choked her, pushed her on the ground and grabbed money out of her pockets. The suspect then fled the area and was not located by deputies. The victim sustained cuts and bruises on her knees.

*On Apr. 8 at 6 a.m. on the 300 block of Leland Avenue, an officer arrested a 41 year-old San Francisco man for vandalism. The man had damaged another person's vehicle. At 9:15 a.m. near Silver Avenue and Holyoke Street, a 50 year-old Excelsior District woman was robbed of her purse as she walked on Silver Avenue. At 5:45 p.m., officers responded to Bowdoin and Woolsey regarding a robbery. The victim told officers that she was waiting for the Muni bus when an unknown suspect came up behind her, grabbed her cell phone and ran down the street with another suspect. The suspects then got into a van and drove off. Officers searched the area for the van and suspects to no avail. At 6 p.m. on the 100 block of Talbert Street, an officer met with a 73 year-old Visitacion Valley man at St. Luke's Hospital who said that his 24 year-old grandson had knocked him to the ground. The older man suffered a broken wrist. Sergeant Dare and posse went to the scene on Talbert Street and located the grandson. He was arrested for aggravated assault and booked at Ingleside Station. At 6:18 p.m., officers responded to the 2800 block of San Bruno Avenue at Woolsey Street regarding a shooting. Officers were unable to find any victims. A few moments later police dispatch advised officers that there was a shooting victim that had just walked into SFGH. Officers from Mission Station responded to the victims location. Officers on San

Bruno Avenue spoke with a witness who stated that she heard 5-6 gunshots and someone yelling, "shoot him" coming from outside. She ran out and saw a suspect kicking the front end of a tow truck. She ran back inside and called 911. The victim at the hospital told officers that the people that shot him are gang members and that they have been after him because of his ex-wife. He also told officers that one of the suspects, his ex brother in law, attempted to pull him out of a car he had gotten into, in order to be driven to the hospital. One of the suspects was detained pending further investigation by the Gang Task Force unit. The victim was treated at SFGH and is in stable condition. At 7:45 p.m. on the 1700 block of Sunnydale Avenue, officers stopped a 19 year-old Visitacion Valley man for driving a car with a cracked windshield. They arrested the man for a drivers license violation and searched him. The man was carrying drugs and was charged accordingly.

*On Apr. 9 at 1 p.m. on the 1500 block of Sunnydale Avenue, an officer saw a 39 year-old Visitacion Valley man whom he knew to be wanted on a local misdemeanor warrant. The man was arrested without incident. At 5:45 p.m. on the 1800 block of Sunnydale Avenue, a residential burglary occurred between 1 and 5 p.m.. No forced entry was found. Checks were taken. Officers also responded to Bacon and San Bruno regarding a robbery. The victim told officers that she was waiting for the bus, when two unknown females approached her, asked her what time it was and then pushed the victim with an open palm to the throat. The suspect took the victims purse and ran down Bacon Street. Officers searched the area, to no avail.

*On Apr. 10 at 6:47 p.m., officers responded to the 200 block of Brussels regarding a robbery. Officers spoke with a victim who stated that he was walking on Brussels when he was approached by an unknown suspect. The suspect asked him what time it was, punched him in the face twice and took his wallet and CD player. The suspect then fled the area on foot. Officers searched the area, to no avail.

*On Apr. 12 at 12 midnight on the 1500 block of Sunnydale Avenue, a 30 year-old Visitacion Valley woman in a car was shot in the face by a gunman standing in the street. Officers found the woman at San Francisco General Hospital. The woman had been a passenger in a car being driven by her husband. At 8:30 a.m. on the first block of Arleta Avenue, an officer checked on the well-being of a person sleeping in the doorway of a abandoned house. He found a 39 year-old Visitacion Valley woman who was wanted on a local misdemeanor

warrant. She was booked at Ingleside Station. At 3:10 p.m. at Sunnydale Avenue and Hahn Street, officers heard shots fired in the neighborhood and found spent shell casings in front of a store. Three men were detained nearby. They were released after being questioned at the scene.

*On Apr. 13 at 1:45 p.m., a 24 year-old Visitacion Valley man on Tioga Avenue was charged with felony battery in a domestic violence case.

*On Apr. 14 at 4:50 p.m. on Visitacion Avenue at Desmond Street, officers stopped a motorist for a equipment violation. A passenger was drinking from a bottle of wine. The 22 year-old Bayview District man was wanted on a local DUI warrant. He was booked at Ingleside Station.

*On Apr. 16 at 2:30 p.m. on the 200 block of Blythdale Avenue, an officer investigated a domestic violence case on Mar. 26. On April 16th he saw a man speaking with the victim. The man matched the description of the suspect from the initial case. The man, a 38 year-old Ingleside District resident, gave two false names before he admitted his true identity. The officer arrested the man and charged him with two felonies. The man was also wanted in San Mateo County on a felony narcotics warrant. At 6 p.m. on the 300 block of Arleta Avenue, an officer stopped three minors as they matched the description of vandals. One of the boys had spray painted a building nearby and still had the can of paint. The trio's parents were contacted and took custody of the children. At 8:30 p.m. on the 800 block of Goettingen Street, officers conducted a probation search in a residence. A 56 year-old Portola District woman was arrested for possessing cocaine with the intent to sell. Her roommate, a 43 year-old man, was arrested for possessing cocaine and for failing to appear in court on a DUI charge.

Police Summaries

- *Mar 15 Teddy Ave. and Holyoke St., petty theft from locked auto
- *Mar 15 University St. near Bacon St., arson of vehicle
- *Mar 15 Grand and Burrows Sts., robbery, armed with gun
- *Mar 15 First block of Brookdale Ave., aggravated assault with deadly weapon
- *Mar 15 First block of Brookdale Ave., aggravated assault with knife
- *Mar 15 Argonaut Ave. near Velasco Ave., robbery on street, strongarm
- *Mar 16 Yale St. near Felton St., grand theft from locked auto
- *Mar 16 San Bruno Ave. near Olmstead St., battery
- *Mar 16 San Bruno and Wilde Aves., robbery on street, strongarm
- *Mar 16 Grand and Felton Sts., planting/cultivating marijuana
- *Mar 16 Leland Ave. near Bayshore Blvd., burglary of store, unlawful entry
- *Mar 16 Visitacion Ave. and Delta St., malicious mischief, vandalism
- *Mar 16 Mansell and Somerset Sts., forcible rape, bodily force
- *Mar 16 Blythdale Ave. and Hahn St., carjacking with gun.

See Next Page

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Police Summaries

*Mar. 16. Bacon and Hamilton Sts., stolen automobile.
 *Mar. 16. First block of Brookdale Ave., battery
 *Mar. 17. Bacon and Bowdoin Sts., stolen truck
 *Mar. 17. Wilde Ave. and Brssels St., robbery on street, strongarm
 *Mar. 17. 1900 block of Sunnydale Ave., burglary of apartment house, forcible entry
 *Mar. 17. Mansell St. between Colby and Dartmouth Sts., grand theft from locked auto
 *Mar. 17. Blythdale Ave. and Hahn St., stolen automobile
 *Mar. 18. First block of Fratessa Ct., malicious mischief, vandalism of vehicles
 *Mar. 18. First block of Tomaso Ct., malicious mischief, vandalism of vehicles
 *Mar. 18. San Bruno and Silver Aves., stolen truck
 *Mar. 18. Parque and Esquina Drs., burglary of residence, forcible entry
 *Mar. 19. Tucker Ave. and Rutland St., grand theft from unlocked auto
 *Mar. 19. San Bruno Ave. near Olmstead St., malicious mischief, breaking windows
 *Mar. 19. Goettingen St. near Ward St., stolen automobile
 *Mar. 19. 100 block of Schwerin St., grand theft pickpocket
 *Mar. 19. First block of Blythdale Ave., battery
 *Mar. 19. First block of Blythdale Ave., battery of police officer
 *Mar. 20. Harkness Ave. and Goettingen St., attempted robbery with gun
 *Mar. 20. Harkness Ave. and Goettingen St., robbery on street with gun.
 *Mar. 20. Campbell Ave. and Delta St., attempted theft from locked vehicle
 *Mar. 20. Girard and Bacon Sts., malicious mischief, breaking windows
 *Mar. 20. Wayland St. between Oxford and Cambridge Sts., petty theft from locked auto.
 *Mar. 21. Leland Ave. near Sawyer St., malicious mischief, vandalism of vehicles
 *Mar. 21. First block of Blythdale Ave., battery
 *Mar. 21. Gamson and Argonaut Aves., stolen and recovered vehicle
 *Mar. 21. Somerset St. near Burrows St., robbery on street, strongarm.
 *Mar. 21. San Bruno Ave. and Dwight St., robbery on street, strongarm
 *Mar. 21. San Bruno Ave. and Felton St., grand theft from locked auto
 *Mar. 21. Sunnydale Ave. near Santos St., malicious mischief, breaking windows
 *Mar. 22. Sunnydale Ave. and Sanfos St., grand theft pursesnatch.
 *Mar. 22. Sunnydale Ave. near Schwenn St., petty theft from locked auto
 *Mar. 22. First block of Blythdale Ave., malicious mischief, breaking windows.
 *Mar. 23. 5:18 p.m., 700 block of Velasco Ave., house fire, no injuries
 *Mar. 23. Raymond Ave. and Delta St., stolen automobile
 *Mar. 23. Sunnydale Ave. and Rey St., stolen truck.
 *Mar. 23. Visitation Ave. and Loehr St., grand theft auto strip.
 *Mar. 23. 100 block of Cora St., stolen automobile.
 *Mar. 24. Blythdale Ave. and Santos St., petty theft from locked auto
 *Mar. 24. San Bruno Ave. and Dwight St., grand theft from person.
 *Mar. 24. San Bruno Ave. and Wayland St., possession of cocaine for sales.
 *Mar. 24. San Bruno Ave. and Wayland St., transportation of cocaine
 *Mar. 24. San Bruno Ave. and Wayland St., sale of base/rock cocaine.
 *Mar. 24. San Bruno and Silver Aves., stolen automobile
 *Mar. 24. Silver Ave. and Goettingen St., robbery on street, strongarm.
 *Mar. 24. Mansell and Holyoke Sts., robbery on street with gun
 *Mar. 24. 5 p.m., 1900 block of Silver Ave., stolen vehicle
 *Mar. 25. 1 p.m., 100 block of Arleta Ave., residential burglary, occurred Mar. 24.
 *Mar. 25. 2:45 p.m., 400 block of Oxford St., residential burglary, occurred between 10 a.m. and 2 p.m.
 *Mar. 25. Ankeny and Ordway Sts., grand theft from locked auto.
 *Mar. 25. Girard and Burrows Sts., aggravated assault with bodily force
 *Mar. 25. Girard and Burrows Sts., attempted robbery on street with bodily force
 *Mar. 26. 3:50 p.m., 200 block of Blythdale Ave., domestic violence, suspect known
 *Mar. 26. 400 block of Argonaut Ave., malicious mischief, breaking windows
 *Mar. 26. Ward and Brussels Sts., malicious mischief, vandalism
 *Mar. 27. Elliot St. near Raymond Ave., malicious mischief, vandalism of vehicles.
 *Mar. 27. Elliot St. near Raymond Ave., attempted stolen vehicle
 *Mar. 28. Velasco Ave. and Santos St., robbery on street, strongarm.
 *Mar. 28. Arleta Ave. and Delta St., petty theft from locked auto
 *Mar. 28. Bayshore Blvd. and Blanken Ave., grand theft pickpocket.
 *Mar. 28. Delta St. and Arleta Ave., petty theft from locked auto.
 *Mar. 28. Bacon and Bowdoin Sts., burglary, store under construction, forcible entry
 *Mar. 28. Santos St. and Velasco Ave., robbery on street, strongarm.
 *Mar. 29. Rutland St. and Arleta Ave., grand theft auto strip
 *Mar. 29. Leland Ave. and Sawyer St., malicious mischief, vandalism.
 *Mar. 29. Leland Ave. and Elliot St., malicious mischief, vandalism.
 *Mar. 29. 1800 block of Sunnydale Ave., robbery on street, strongarm.
 *Mar. 29. Sunnydale Ave. and Hahn St., malicious mischief, breaking windows

*Mar. 29. Woolsey and Girard Sts., malicious mischief, vandalism.
 *Mar. 29. Sunnydale Ave. and Peabody St., robbery, bodily force
 *Mar. 31. 1900 block of Sunnydale Ave., battery
 *Mar. 31. 2:30 p.m., 1100 block of Sunnydale Ave., residential burglary, forced entry through garage door, pet taken
 *Mar. 31. 6:05 p.m., 2100 block of Geneva Ave., domestic violence.
 *Mar. 31. 9:55 p.m., 1900 block of Sunnydale Ave., domestic violence.
 *Mar. 31. Goettingen and Bacon Sts., robbery on street, strongarm.
 *Mar. 31. Hahn St. near Sunnydale Ave., aggravated assault with bodily force
 *Apr. 1. San Bruno Ave. at Dwight St., malicious mischief, vandalism of vehicles
 *Apr. 1. Ward St. between Brussels and Girard Sts., petty theft from locked auto
 *Apr. 1. Tucker Ave. between Rutland and Delta Sts., possession of meth-amphetamine
 *Apr. 1. 100 block of Blythdale Ave., malicious mischief, vandalism of vehicles
 *Apr. 1. Colby St. near Felton St., petty theft from unlocked auto.
 *Apr. 2. Girard and Bacon Sts., grand theft auto strip
 *Apr. 3. Geneva Ave. and Santos St., stolen and recovered vehicle
 *Apr. 3. 1800 block of Sunnydale Ave., stolen truck
 *Apr. 4. Girard and Sillman Sts., stolen truck
 *Apr. 4. Girard and Sillman Sts., stolen truck
 *Apr. 5. San Bruno and Harkness Aves., robbery on street, strongarm.
 *Apr. 5. Velasco Ave. and Castillo St., stolen automobile
 *Apr. 5. Goettingen and Bacon Sts., malicious mischief, vandalism of vehicles
 *Apr. 5. Mill St. and Harkness Ave., stolen truck
 *Apr. 6. Somerset St. near Bacon St., grand theft from locked auto
 *Apr. 6. Somerset St. between Burrows and Brussels Sts., grand theft from locked auto
 *Apr. 6. Blythdale Ave. near Santos St., aggravated assault with gun
 *Apr. 6. First block of Burr Ave., aggravated assault with gun
 *Apr. 7. Wilde Ave. between Rutland and Delta Sts., petty theft from locked auto
 *Apr. 7. 400 block of Wilde Ave., petty theft from locked auto
 *Apr. 7. Cambridge and Bacon Sts., burglary of apartment house, forcible entry
 *Apr. 7. San Bruno Ave. and Olmstead St., grand theft from locked auto
 *Apr. 7. 100 block of Tucker Ave., petty theft from locked auto
 *Apr. 7. Somerset and Burrows Sts., malicious mischief, vandalism of vehicles
 *Apr. 7. Sunnydale Ave. and Hahn St., grand theft auto strip.
 *Apr. 8. Leland Ave. near Delta St., malicious mischief, vandalism of vehicles
 *Apr. 8. Santos St. and Brookdale Ave., petty theft from building
 *Apr. 8. Sunnydale Ave. near Santos St., transportation of marijuana

*Apr. 8. Sunnydale Ave. near Santos St., possession of marijuana for sales
 *Apr. 8. San Bruno Ave. and Felton St., grand theft from building
 *Apr. 8. San Bruno and Silver Aves., stolen automobile
 *Apr. 8. Woolsey and Somerset Sts., grand theft from locked auto
 *Apr. 8. San Bruno Ave. and Bacon St., battery
 *Apr. 8. Silver Ave. and Holyoke St., robbery on street, strongarm.
 *Apr. 8. Woolsey and Bowdoin Sts., robbery, bodily force
 *Apr. 9. First block of Blythdale Ave., battery
 *Apr. 9. 1800 block of Sunnydale Ave., burglary of apartment house, unlawful entry
 *Apr. 9. San Bruno Ave. and Bacon St., robbery on street, strongarm.
 *Apr. 9. Teddy and San Bruno Aves., stolen automobile.
 *Apr. 9. Somerset St. near Silver Ave., grand theft from locked auto
 *Apr. 10. First block of Desmond St., petty theft from locked auto
 *Apr. 10. 1800 block of Sunnydale Ave., battery
 *Apr. 10. 1800 block of Sunnydale Ave., malicious mischief, breaking windows.
 *Apr. 10. San Bruno Ave. and Dwight St., battery
 *Apr. 10. Silver Ave. and Brussels St., burglary of apartment house, unlawful entry
 *Apr. 10. Felton and Brussels Sts., robbery on street, strongarm.
 *Apr. 11. First block of Castillo St., malicious mischief, breaking windows
 *Apr. 12. Sunnydale Ave. and Hahn St., aggravated assault with gun
 *Apr. 12. 100 block of Brookdale Ave., malicious mischief, breaking windows
 *Apr. 12. 100 block of Brookdale Ave., malicious mischief, vandalism
 *Apr. 12. Sunnydale Ave. near Santos St., aggravated assault with bodily force
 *Apr. 12. San Bruno Ave. between Wayland and Bacon Sts., stolen automobile
 *Apr. 13. Silver Ave. near Goettingen St., attempted robbery on street with bodily force
 *Apr. 13. Hamilton St. near Woolsey St., attempted robbery on street with gun.
 *Apr. 13. Wayland and University Sts., stolen automobile
 *Apr. 13. Bacon St. near Princeton St., robbery on street, strongarm.
 *Apr. 13. Campbell Ave. and Goettingen St., stolen automobile
 *Apr. 14. Peninsula and Blanken Aves., stolen truck
 *Apr. 14. Peninsula Ave. near Lathrop Ave., stolen automobile
 *Apr. 14. 100 block of Blythdale Ave., malicious mischief, breaking windows
 *Apr. 14. Girard St. between Burrows and Brussels Sts., burglary, store under construction, forcible entry
 *Apr. 14. Captain Denis O'Leary of Ingleside Station and Captain John Loftus of Bayview Station contributed to this report.

How to Take Good Care of Your Feet

by Anh Le

To be healthy and fit, it's important to pay attention and take good care of our whole body. This includes taking good care of our feet.

Dr. Clint Thornton, a podiatrist at the Dr. Arthur Coleman Medical Center in San Francisco's Bayview community, spoke to seniors on Apr. 11 at the Bayview District Advisory Council meeting regarding "How to Take Good Care of Your Feet." Dr. Thornton gave the following advice:

1. If you have diabetes, take care of it diligently. Work with your medical doctor and health care team to keep your blood glucose within a good range.
2. Check your feet every day. Look at your bare feet for cuts, blisters, red spots, and swelling. Use a mirror to look at the bottoms of your feet, or ask a family member to help. Report any pain or change of color to your doctor promptly.
3. Wash your feet daily, in warm water. Dry your feet and the area between your toes completely.
4. Keep your feet smooth and soft. Apply a thin coat of moisturizing lotion on the tops and bottom of your feet, not between your toes. Use Vaseline instead of lotion, if you prefer.
5. Smooth corns and calluses very gently. A pumice stone may be appropriate. Check with your doctor. Do not use sharp objects.
6. Trim your toenails, straight across. File the nails gently.
7. Make sure to wear comfortable shoes and socks at all times. This is especially important for anyone with diabetes.
8. Protect your feet from hot and cold. Wear shoes on hot pavement or at the beach. Wear socks at night if your feet are cold.
9. Keep the blood circulation to your feet in top shape. Put your feet up when sitting. Wiggle your

toes and move your ankles up and down for 5 minutes, several times a day. Do not cross your legs for long periods. Don't smoke. If you smoke, then quit smoking.

10. Exercise daily. Walking is excellent.
11. Get regular check ups with your medical doctor and health care team. Make sure that your doctor examines your feet thoroughly during each appointment. See your doctor promptly if you have a cut, sore, blister, or bruise that does not begin healing after one day.

The Network for Elders' Resource Centers provide information, assistance, and referrals for Seniors and Adults with Disabilities. In the Bayview / Hunters Point community, please contact (415) 401-7200. In the Visitation Valley / Portola / Excelsior community, please contact: (415) 330-1789

Some Home Inspection Tips for California Homebuyers

Approximately five million Americans are expected to buy an existing home this year. Volatile prices, a record number of foreclosures and an uncertain economy make this an uneasy time to enter the homeowner market, which is why it is all the more important that homebuyers are aware and informed before signing on the dotted line.

Although licensed California home inspectors can provide a detailed analysis of many aspects of a house, experts agree the buyer should not let the inspector go it alone, either figuratively or literally.

"Be sure to accompany your home inspector to see problems first hand," said Ray Palermo, Director of Public Relations for Response Insurance. "Take notes and ask questions about mechanical operations and emergency shut offs so you can familiarize yourself before you have a problem." He noted several of the most common issues to watch for.

Maintenance: Observing an overall pattern of poor maintenance is often

Joe Leland around the neighborhood

"Save or Delete the 56 Rutland?": Muni want to delete the 56 Rutland in the not so distance future. Is the short, community serving line worth saving given its low-too-no ridership? Staff from the Transit Agency's Transportation Improvement Project (TEP) would love to hear for you regarding this and other lines that connect Visitation Valley. Interpretation in Cantonese and Spanish will be provided. There will be a Fast Pass raffle at the meeting, Monday, May 5 at 6:30 p.m. to 8:30 p.m. Visitation Valley Elementary 55 Schwerin St. at Visitation Ave. Wheelchair access through Visitation Ave. Nearby Muni routes: 9, 9X, 9BX & 56.

"Property For Sale: Remember that plan to build seven condos and two commercial storefronts on the vacant lot at the Blanken / Bayshore intersection? Caused a bit of a stir a year ago. Plans were submitted and approved by The City but no construction has begun. In fact the lot and approved plans are now back on the market for the modest sum of \$1.4 million.

"Reuse the Grapevine: Don't toss the Grapevine when your done! The Valley's favorite paper can live again. Here are a few ways reuse instead of recycle ... of course after reading it in its entirety! 1. Wrap wet garbage for your kitchen compost bin. 2. Good size for wrapping cups, saucers, other breakables. 3. Swat flies. Tear a bit off to pick up the fly and drop in the compost bin. 4. For sparkling windows, use a cup or so of vinegar in a bucket of water to wash windows with a cloth, then dry with crumpled up pages of newsprint. 5. Newspaper strips in your worm compost bin.

"Mark Your Calendars: May 17th, Saturday is the 3rd Annual Leland Avenue Sidewalk Sale. Used Books for sale at JOE Leland; May 23rd, Friday and May 24th, Saturday is The Dump's Artist in Residence Carnival Mecanique by artist Paul Cesewski at 503 Tunnel Road; September 14th, Sunday is the 3rd Annual Leland Avenue Street Fair.

An Opinion

Upcoming Valley Meeting to Discuss Those Proposed Muni Service Changes

by Betty Parshall

The Transit Effectiveness Project (TEP) will be sharing proposals for Muni service changes and reliability improvements on Monday, May 5, 6:30 to 8:30 p.m. at Visitation Valley Elementary School, 55 Schwerin St.

According to TEP, these preliminary proposals reflect extensive conversations with customers who have shared their vision (dream? delusion?) of a future Muni that is more reliable, quicker and more frequent.

The aim is to transform Muni into a first-rate transit system that reduces congestion, decreases pollution and gets people where they want to go, efficiently and safely.

Proposals include:

*Strategies to improve on-time performance and reliability.

*More frequent service, quicker boarding and fewer delays of the busiest routes.

*New routes and route extensions to reflect changing travel patterns over the last 25 years.

*More service on busy routes to reduce crowding and travel time.

*Elimination of routes or route segments with low ridership to increase resources for improvements

*Combining two current lines into one is also proposed to conserve resources and deliver more frequent service.

*Amenities at transit stops such as more seating and NextMuni signs,

so customers know when the next bus or train will arrive.

Now here's the kicker for Valley residents, especially those who live up the hill from Arleta, or across Bayshore in Little Hollywood. The 56 is on the list for proposed elimination. And it is also on the list of nearby Muni routes to use to get to the May meeting.

There was a time when the 56 (originally the 29) ran on a reliable 30 minute schedule on a route that had sensible connecting points with downtown and crosstown lines, and it was well used. There were two coaches, usually on schedule, and you had options for where to catch the 29/56 if you were coming from downtown. Now we see people toiling up Wilde Avenue from San Bruno, or up Rutland from the Valley, because the 56 doesn't synchronize with other lines.

It is ironic that the proposed new library is striving to earn a LEED silver certificate. No parking, use public transportation or bike or walk. So I should walk down the hill, shop locally, pick up some books from the library, and then hike up Rutland to Wilde? The 56 needs improvement in routing; it would be grossly unfair to a large segment of Valley population to eliminate it.

We hope there will be a large turnout to demonstrate to Muni that we favor improved service that is fair for everyone.

Plumbing: Faulty and inefficient fixtures, lead water pipes, non-compliant gas lines, inadequate or old waste pipes, and a mix of incompatible piping materials can present problems. Water heaters should meet the needs of the occupants.

Structure: Foundation walls, floor joists, rafters, windows and doors and skylights should all be examined for cracks and air/water leakage. An improperly graded property that slopes toward the house can result in water penetration in basements and crawl spaces, and damage to foundation walls.

Insulation: Inadequate or cracked caulking around windows and doors, and insufficient wall and attic insulation drive up heating and cooling costs. However, over-sealing a house can cause excessive interior moisture.

Additional Tests: Separate inspections for termite infestation, asbestos, radon, well-water contamination, and other potential hazards are often advisable.

Grapevine Puzzler Biggest Hawaiian Towns

C V A W A L A H W E T U L U L O N O H C
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D A U I C V A I A K Y E O A N W O T L K
S I I H W S P K D T T L P P O A Y A O A
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A E Q S D U K O L I K A K A M M J R W E
L R A E P A U W E L A I A W O K O N O H

Ahuimanu	Honolulu	Makakilo	Village
Aiea	Kahului	City	Park
Ewa Beach	Kailua	Makawao	Wahiawa
Haiku-	Kalaoa	Mililani	Waianae
Pauwela	Kaneohe	Town	Waihee-
Halawa	Kaneohe	Nanakuli	Waiehu
Hawaiian	Station	Napili-	Wailuku
Paradise	Kapaa	Honokowai	Waimalu
Park	Kihei	Pearl	Waimea
Hilo	Lahaina	City	Waipahu
Holualoa	Makaha	Pukalani	Waipio

Historic Proportions

1872

Match clues to answers

1. Fire on Nov. 9 burns about 65 acres of this city.
2. He patented the airbrake on Mar. 5.
3. Crowned Emperor of Ethiopia in Axum on Jan. 12.
4. Established as the world's first national park on Mar. 1.
5. Battle of Lost River started this on Nov. 29.
6. California earthquake with an estimated magnitude of 7.2 hit here on Mar. 26.
7. Arrested on Jan. 2 for bigamy in

As a Matter of Fact

*Many historians consider Japan's ruling dynasty to be the oldest in the world. Legend assigns the date 660 B.C. to the reign of the first emperor.

*Bacteria were first seen in 1676 by Anton van Leeuwenhoek, a Dutch merchant.

*The albatross sometimes follows a ship for days, but is seldom seen resting.

*It was once thought the Leaning Tower of Pisa lost its perpendicularity because a giant rested against it.

*New York and Vermont lead the United States in maple syrup production but the Canadian province of Quebec produces more maple syrup than all 50 states put together.

*As early as 4000 B.C., ancient people used crude pens consisting of hollow straws or reeds that supported a short column of liquid.

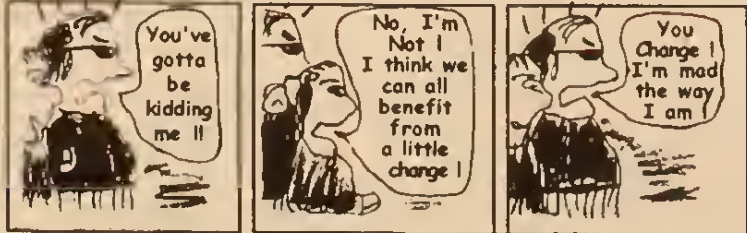
Grapevine Five Years Ago

May 2003

*Encouraged by a diverse audience of neighborhood residents and community leaders, the San Francisco Library Commission on Apr. 17 passed a purchase and sale agreement by a 5 to 1 vote that could pave the way for a new Visitation Valley Branch Library to be built on Leland Avenue at Rutland Street.

*Construction was commenced on a pedestrian crossing over the railroad tracks near Little Hollywood after CalTrain announced it would be laying two additional tracks south of the tunnel.

Sump, the Gump



Poor Rix Almanac

by Rix Quinn

Hey, Poor Rix: What do you know about baseball? – Sportsperson

What a great opportunity to discuss this sport, because (1) it's early in the season, and (2) it's Poor Rix's second favorite competition, just behind freestyle yodeling.

Baseball combines games that require a glove and a flying bat, but it has nothing to do with vampires.

Two teams of nine players alternate playing defense or offense. (Poor Rix prefers being offensive.)

Baseball takes place on a "diamond," which is four bases arranged in a square. (It's not played on an actual diamond field, be-

cause players might be distracted by the bright stones, and forget baseball entirely.)

Offensive players take turns trying to hit a ball thrown by the defensive team's pitcher. The batter hits with a wood or metal stick. However, if he accidentally thumps a defensive player or a referee (called an umpire) with his bat, he is not only called out, but might also be arrested.

Once he hits the ball, the batter runs to several bases in sequence. If he touches all the bases correctly, he scores a run. If he runs them randomly, he might be called "wacky," and escorted from the field.

The defense tries to prevent the offense from scoring. Eight players with gloves (not mittens) surround the bases. These people catch the ball and throw it to a teammate, who hopefully expects it.

Poor Rix loves to talk about baseball, and sometimes spontaneously sings "Take me out to the ballgame." This occasionally wakes the neighbors.

Dear Poor Rix: What's the difference between a planet and a star? Amateur Astronomer

Planets are dark and solid, and often revolve around their own sun in a solar system.

A star is a bright ball of heated gas...a little like a politician.

Poor Rix: I plan to get married next month. How did wedding rings originate? – Groom

Poor Rix is glad you plan to get married next month. I hope your girlfriend plans the same thing. Humans have worn wedding bands for centuries. The have also hired wedding bands for receptions.

The oldest rings often displayed a handshake design. Later they showed a key symbol, which meant either "the key to my heart" or "what's mine is yours."

The earliest ring discovery goes back to 2800 B.C. We do not know if that couple is still married

Dear Poor Rix: This is my first spring in my new apartment. My girlfriend dropped by last night, and said it's a mess! She says it's time for "spring cleaning." What's that? – George

This annual ritual is older than athlete's foot. Even primitive tree dwellers cleaned their nests each April by sweeping away dead branches, poisonous snakes, and out-of-fashion animal skins.

George, here are a few sugges-

tions to speed through this chore:

1. Wear old clothes, because cleaning can get dirty. (Antique clothes may be defined as "something older than a telegraph.")

2. To energize, play upbeat music. Poor Rix's favorite work songs include "My den is dirty but my mind is clean," and "The kitchen window's grimy and it's givin' me a pane."

3. Get rid of clutter, unless Clutter is the name of your gerbil. Remember that old poem: "A clean room leads to joy among us. A dirty room welcomes Mr. Fungus."

4. Prioritize your tasks by listing projects. Poor Rix's agenda includes: (a) Discard insect collection currently in sock drawer. (b) Buy shower curtain to match shower cap. (c) Check behind couch cushions for coins, folding money, and unpaid bills.

5. Remove musty room smells by opening windows. (Poor Rix successfully removed a musty personal smell by using a product called "deodorant.")

Dear Poor Rix: I would like to run for the legislature when I graduate from school. How do I get started? – Student Body President

Poor Rix congratulates you on your decision to serve constituents. Some people just want to be politicians.

Poor Rix never ran for anything at school, except the door when the teacher hollered "Recess!" But here's what friends tell me about politics:

How much money do you need? About three gazillion dollars. This allows you to print campaign posters, buy advertising time, and hire a crowd to show up for your first few speeches.

The fastest way to raise cash is from affluent relatives. Poor Rix used to get rent money from distant cousins by threatening to come live in their guest rooms.

Or, you can gather funds by going door-to-door. Some people call this "building grassroots support." Others call it "begging."

Few candidates run unopposed. Therefore, it's helpful to join a party. Which one? Poor Rix attends all parties, especially ones with ice sculptures on the food table.

Once elected, some legislators serve multiple terms, and eventually retire. A few retire when they take office.

Poor Rix – who wrote the new book "Baby Boomers Speak" – welcomes your questions to rixquinn@charter.net

Baby Boomers

by Rix Quinn

School Sports

Did you like sports in school? When I talk to my friends – especially male ones – many remember "trying out" for the football, basketball, baseball, track, golf, swimming, or tennis teams.

"When I recall school," one Boomer laughed, "I think about practices for one sport or another. I sorta remember classrooms, and I sorta remember lunch, but I mostly remember working out."

It's funny today, but I always felt pretty sure that – if I practiced enough – I could be a professional athlete one day. Fortunately for me, as I got older I realized only three things stood between me and the major leagues...speed, coordination, and ability.

College

My friend Jerry ponders the question about why so many Boomers hold advanced college degrees.

"We grew up in the '50s, '60s, and '70s. Our parents worked hard so we could go to college. College usually meant a chance for better jobs and better income.

"When we graduated, we found ourselves competing for jobs with other Boomers, also college graduates. Many of us went to graduate school for advanced training to make ourselves even more employable.

"As we've gotten older, we've seen so many technological changes we're still going back to school and learning more. Education and advanced training are both important...and that's the message we've relayed to our children."

The Milkman

A frequent weekday morning visitor to many Boomer homes in the '50s and '60s was the milkman. Remember him?

This was a person who worked for a dairy company, and delivered fresh milk, cream, ice cream, and – in many areas – even eggs, to your front porch several times a week. How did you let him know what you wanted?

The night before his visit, you'd place your empty glass milk bottles on the porch, and leave a note about what you wanted the next day.

Why did this wonderful service stop? We don't know. But for us Boomers, it's a wonderful memory of those great times when so many companies placed great emphasis on home delivery.

Television

There are so many choices offered on television these days, it's hard to explain to our children what viewing choices we had in the 1950s, '60s, and '70s.

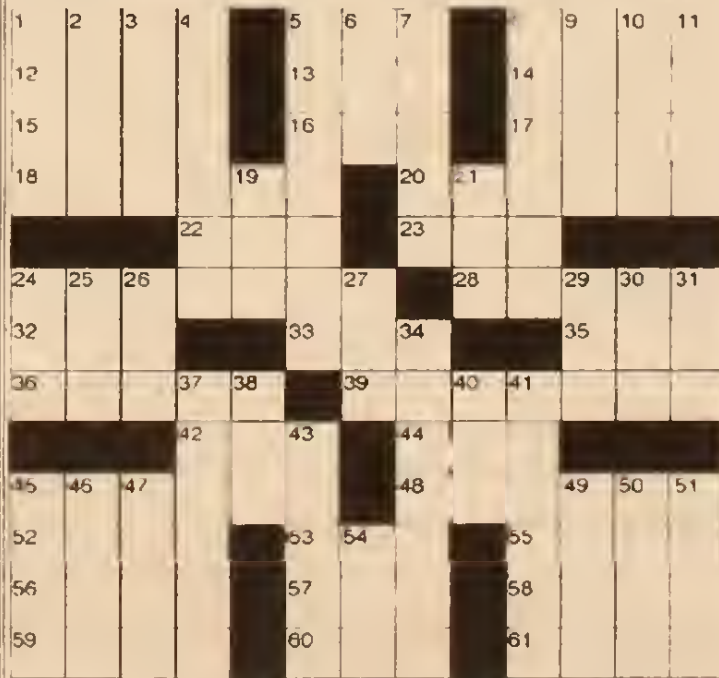
Said one Boomer: "In my town our TV antenna – or the 'rabbit ears' antenna on our smaller TV – brought in three network channels and one regional independent channel.

"This made each national show incredibly important to advertisers, because each could reach millions of people. That's still true today.

"But today, there are also extremely popular niche shows – shows that focus on a special interest or age category – that special segments of the market follow."

Crossword Puzzle

Solution on Page 6



ACROSS	35 Malt liquor	DOWN	Alf Force (abbr)
1 Congress (abbr)	36 White poplar	1 House (Sp.)	30 Guido's note (2 words)
5 Warp yam	29 Yet (2 words)	2 Foul-smelling	31 Grandfather of Saul
8 Poet	42 Dadaist	3 Hottentot	34 Lots
12 Winglike	44 All Coast	4 Fetish	37 Foam
13 Inlet	Conference (abbr)	5 It. Poet	38 Trandress
14 Icelandic tale	45 Inconsiderable	6 More!	40 Fiddler crab genus
15 Dodecanese Island	48 Of the nostrils	7 Group	41 Tight spot
16 Noun-forming (suf)	52 Oriental nursemaid	8 Yellow	43 Pelvis (pref)
17 Conduct	53 Eur. Economic Community (abbr)	9 Arabian Sea gulf	45 Tree
18 Slow music	55 sleeping	10 Killer of Castor	46 Bowlin
20 Caulk lightly	56 Calcium oxide	11 Load	47 Buddhist monk
22 Thing (Lat)	57 Civil War commander	19 Comparative (suf)	49 In the same place (Lat.)
23 Yangtze tributary	58 SW US cotton	25 capture	50 Eelworm
24 Dog	59 Volcano crater	26 Stain	51 Dutch cheese
28 Brit. Trout	60 Approves (contr.)	27 Mesh	54 Mouse-spotter's cry
32 Red horse	61 Chinese	29 Women in the	
33 Detective			

Visitacion Valley Business Directory

Valley free listings in the 415 area code
Call the Grapevine at (415) 467-9300

AQUARIUM

DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4588
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2586 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2560 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS

LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS

BARBERSHOP, 3570 San Bruno Ave., 724-4398
EMMA'S HAIR SALON, 35 Leland Ave., 587-7429
THE SHOP (JB), 160A Leland Ave., 239-6709

BEAUTICIANS

BODY, SOUL & SPIRIT, 222 Leland Ave. 333-7261
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
LUCKY HAIR, 2436 Bayshore Blvd., 586-8288
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENAI'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING

SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE

ABLE'S CASA, 850 Rutland St., 333-4654, fax 333-4693

BOOKKEEPERS

AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS

HANSON INTERIORS, 41 Leland Ave., 333-6382

CHURCHES

CHURCH OF THE VISTACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

RIDGEVIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457

ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381

VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055

VISTACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE

CANDLESTOCK COFFEE, 2156 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309

JOE LELAND CAFE, 28 Leland Ave.

CREDIT UNION

NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

DAY CARE

CAROUSEL DAY CARE, 261 Hahn St., 469-5353

DENTIST

VISTACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS

VISTACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895

ELECTRICAL

TATE ELECTRIC (Joel Tate), 467-4657

FLOORS

TEDDY B'S HARDWOOD FLOORS, 309-6342

FLORISTS

IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS

SILVESTRI GARDEN ORNAMENTS, 2636 Bayshore Blvd. 239-5990

GROCERS

CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745

E-Z STOP MARKET, 2203 Geneva Ave., 585-9240

FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300

LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520

LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878

PICCOLO PETE, 2155 Bayshore Blvd. 468-6800

7-11, 2200 Bayshore Blvd., 468-8646

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

SUPER FAIR MARKET, 201 Leland Ave. 239-6856

TEODO'S MARKET, 298 Teddy Ave.

HERBS

SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY

VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave. 468-5631

INSURANCE

EDIE EPPS (A H E INSURANCE), 467-0236, Fax: 467-0276

ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

KITCHEN CABINETS

LEE CHANG INTERNATIONAL, 25 Leland Ave. 333-2730

LAUNDRY CLEANERS

BAY WASH, 44 Leland Ave.

CITY WASH, 83 Leland Ave., 333-9467

COIN WASH & DRY LAUNDRY, 186 Leland Ave.

FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412

VALLEY LAUNDRY, 90 Leland Ave.

VISTACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING

FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659

HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 586-8700

JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375

VISTACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907

VISTACION VALLEY COMMUNITY CENTER

CHILDREN'S PROGRAMS, 103 Tucker Ave., 467-5565

VISTACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY

VISTACION VALLEY BRANCH, 45 Leland Ave., 239-5270

MANUFACTURER

SEES CANDIES, INC., 345 Schwann St.

MEDICAL

AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620

HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments: 715-0310

DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135

NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100

NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Dnyang Patel) 2858 San Bruno Ave. 467-7500

NOTARY

ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

ORGANIZATIONS

ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689

GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700

GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333-Schwann St., 584-4044

JOHN KING SENIOR COMMUNITY, 500 Raymond Ave. 239-6233

LELAND HOUSE, 141 Leland Ave., 405-2000

ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001

VISTACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY

VISTACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER

WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING

MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE

VISTACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE

JUSTYNAP TO, (Realtor Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax (650) 246-1910

LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683

CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163

RESTAURANTS

BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023

HAPPY FAMILY FAST FOOD, 107 Leland Ave., 333-8999

G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

NAYANT TAOUEIRA, 98 Leland Ave., 587-7721

TWO JACKS, 167 Leland Ave., 337-0433

SCULPTOR

CARTORIGINALS (Mikal Cantor), 2 Hahn St., 239-4138

SELF-DEVELOPMENT

DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS

THE VILLAGE, 1099 Sunnydale Ave., 239-5045

VISTACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.

VISTACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave.

VISTACION VALLEY COMMUNITY CENTER (VVC), 50 Raymond Ave., 467-6400

VVC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027

VISTACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS (VVBOM), 1099 Sunnydale Ave., 587-7896 ext. 104

TELEPHONE

D & A WIRELESS, 78 Leland Ave., 452-4139

VARETY

GOLDEN 99 CENTS ZONE, 57 Leland Ave., 333-3923

Slow Pace for State New Home Building

SACRAMENTO—The pace of new-home building in California continued to slow in March as builders struggled to sell off existing inventory while dealing with tightening credit standards, the California Building Industry Association reported recently.

According to housing permit data supplied by the Construction Industry Research Board, total housing starts in California, as measured by building permits issued, dropped 65 percent in March when compared to the same month a year ago to 4,713 units. Production of single-family homes fell 63 percent while construction of multifamily units decreased 68 percent when compared to March of 2007.

In March, permits were pulled for just 2,964 single-family homes statewide, down 63 percent from March 2007 but up 17 percent from the previous month. Multifamily housing starts — condos and apartments — totaled 1,749, down 68 percent from March 2007 and down 60 percent from the previous month.

During the first three months of the year, single-family home production was down from the same period last year by 61 percent with 8,189 units permitted, while multifamily home production slid 32 percent with 8,098 permits pulled. Total new home production was down 51 percent.

CBIA Chief Economist Alan Nevin noted the number of single-family permits issued in the first quarter of 2008 was the lowest total in recorded memory with declines throughout the state but with far higher decline rates in the San Joaquin Valley.

He also noted that with the decline in both single-family and multifamily permits, their will be a limited supply of new for-sale homes when the market turns

around.

"Multi-family permits consist largely of rental apartment units rather than 'for sale' housing," said Nevin. "The massive upsurge in the sale of foreclosures in inland California has largely displaced new home and traditional resales, and it's anticipated that the large wave of foreclosures will not subside until later this year.

"As a result, homebuilders will continue to start new homes on a very limited basis, often requiring presales prior to breaking ground," he said. "Ultimately, this severe reduction in 'for sale' home production will result in a tightening of demand for both new and resale housing as the economy moves back toward normalcy."

CBIA President and CEO Robert Rivinius added that in order to keep some semblance of normal supply and demand, the California Legislature needs to pass CBIA-sponsored legislation that will allow homebuilders to quickly get projects off the ground when the market begins to rebound.

"Perhaps the most important bill would extend current subdivision maps for two years, allowing homebuilders to avoid a costly and redundant approval process that will delay projects even further," Rivinius said. "This will allow builders to quickly respond to a market turn-around and help keep prices as low as possible for when more people start qualifying for loans and start looking to buy new homes again instead of foreclosures."

The Association is also backing state legislation that would allow impact fees to be paid when the house is completed instead of when the building permit is obtained, and federal proposals to create a tax credit for buyers of newly constructed homes and to make permanent increases in federal loan limits to help ease the credit crunch in California.

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

First Series of
Building Literacy
With Games
and Activities
"Sharing Stories"
66 Raymond Ave.
Saturday, May 17
10:30 a.m. - 1 p.m.

Facilitator: Meriam Abalos

First Series of
Parents' Support Group
Thursday, May 1
4:30 - 6:30 p.m.

Security vs. Insecurity

Free dinner and childcare!
Participants with children ages 0-5 encouraged.
Facilitated by Julia Carmen, Before The After

Every Wednesday

May 7, 14, 21 and 28
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments



Free Food Distribution

Every Monday,
3 - 4 p.m.
May 5, 12, 19 and 26
Emergency food box
available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5 p.m.

May 2008 Activities

held at 161 Leland Avenue
except where noted

Enhanced Information and Referral

Every Monday Through Friday
May 1 to 31, 9 a.m. - 5 p.m.

Four Weeks of Parenting Classes

4:30 to 6:30 p.m., Space Limited to 12.
Thursday, May 8: Community Violence with
Kevin Blackwell of Visitacion Valley Safety Network

Male Involvement Group

"Bonding with Your Children"
Saturday, May 24, 12 noon - 3 p.m.

Interactive and Child Activities

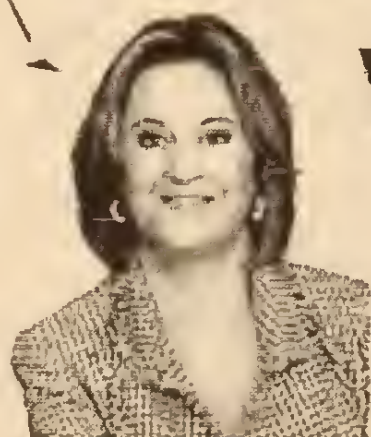
Second Series: Making Books Fun and Easy
Friday, May 29, 4:30 - 6:30 p.m.

Family and Community Services Center staff:
Meriam Abalos, Marichelle Punzalan, Cynthia Pun,
Joyce Boone, and Jenny Sosa



161 Leland Avenue, San Francisco, CA 94134

Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vcc@sbcglobal.net



I have been studying
Visitacion Valley
for a long Time.

Cathy Kline Saunders
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